



## Petite Crème Citrus Bread Pudding with Passionfruit Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



570 kcal

DESSERT

### Ingredients

- 6 ounce brie cheese
- 1 teaspoon thyme leaves dried
- 8 large egg whites
- 5 cups bread french cubed (1-inch)
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon rind grated
- 1 tablespoon lime rind grated

- 1 cup passionfruit puree
- 0.3 cup orange juice fresh
- 2 cups orange juice fresh
- 1.8 cups sugar

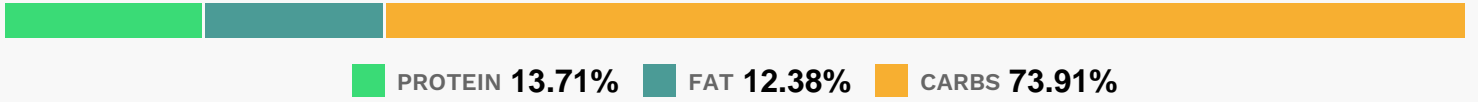
## Equipment

- food processor
- bowl
- sauce pan
- oven
- whisk
- baking pan
- candy thermometer

## Directions

- To prepare pudding, combine first 6 ingredients in a large bowl, stirring with a whisk. Stir in bread cubes. Cover and chill 30 minutes.
- Preheat oven to 35
- Place bread mixture in an 8-inch square baking dish coated with cooking spray; top with cheese.
- Bake, uncovered, at 350 for 40 minutes or until set and lightly browned.
- Let stand 10 minutes before serving.
- To prepare sauce, combine sugar and puree in a large saucepan. Cook over medium-high heat until candy thermometer registers 23
- Remove from heat; gradually stir in 1/3 cup orange juice.
- Serve warm with pudding.
- Garnish with thyme sprigs, if desired.
- Note: Passionfruit puree and petite crme cheese are available in specialty food stores. You can make your own puree with fresh passionfruit. Puree the pulp of a dozen passionfruit in a food processor for about 1 cup. You can also order petite crme cheese from The Great

## Nutrition Facts



### Properties

Glycemic Index:36.53, Glycemic Load:76.63, Inflammation Score:-8, Nutrition Score:21.101739181125%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

### Nutrients (% of daily need)

Calories: 570.47kcal (28.52%), Fat: 7.97g (12.26%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 107.01g (35.67%), Net Carbohydrates: 103.75g (37.73%), Sugar: 49.2g (54.67%), Cholesterol: 17.01mg (5.67%), Sodium: 864.29mg (37.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Vitamin B1: 0.91mg (60.97%), Selenium: 42.02µg (60.02%), Vitamin C: 41.57mg (50.39%), Folate: 187.56µg (46.89%), Vitamin B2: 0.75mg (43.83%), Manganese: 0.66mg (33.14%), Vitamin B3: 6.21mg (31.05%), Iron: 5.04mg (28.01%), Phosphorus: 174.42mg (17.44%), Magnesium: 53.79mg (13.45%), Fiber: 3.26g (13.05%), Copper: 0.25mg (12.41%), Zinc: 1.71mg (11.4%), Vitamin B6: 0.23mg (11.3%), Calcium: 107.44mg (10.74%), Potassium: 375.23mg (10.72%), Vitamin A: 497.11IU (9.94%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.3µg (5.07%), Vitamin K: 4.07µg (3.87%), Vitamin E: 0.56mg (3.74%)