



Puerto Rican Guava Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.3 cup rum dark
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 12 ounces bread french toasted cut into 1-inch cubes, (8 cups)
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 8 ounces guava paste cut into small pieces
- ☐ 1 tablespoon juice of lime
- ☐ 1.3 cups milk 1% low-fat
- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 0.8 cup water divided

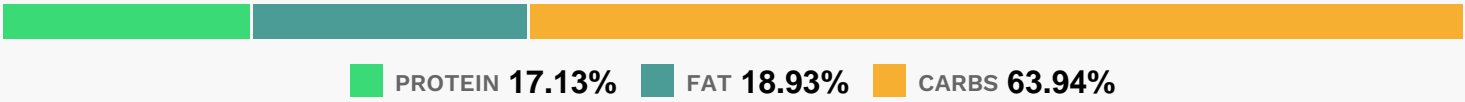
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ To prepare pudding, combine first 4 ingredients in a large bowl; stir well with a whisk.
- ☐ Add sugar, rum, cinnamon, ginger, and nutmeg.
- ☐ Add bread to milk mixture in bowl; toss gently to coat. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray. Cover and chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Place baking dish in a roasting pan; add hot water to pan to a depth of 1 inch. Cover and bake at 350 for 15 minutes. Uncover and bake an additional 15 minutes or until a knife inserted in center of pudding comes out clean.
- ☐ Let stand 15 minutes.
- ☐ To prepare sauce, combine 1/4 cup water, juice, and guava paste in a small saucepan over low heat. Cook 10 minutes or until paste is melted, stirring frequently.
- ☐ Remove from heat; stir in the remaining 1/2 cup water.
- ☐ Serve with pudding.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:12.44, Inflammation Score:-5, Nutrition Score:9.7143477719763%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.94kcal (9.35%), Fat: 3.66g (5.63%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 26.1g (9.49%), Sugar: 13.07g (14.53%), Cholesterol: 24.95mg (8.32%), Sodium: 228.29mg (9.93%), Alcohol: 2.23g (100%), Alcohol %: 2.03% (100%), Protein: 7.45g (14.9%), Vitamin C: 44.01mg (53.35%), Vitamin B2: 0.3mg (17.43%), Selenium: 11.85µg (16.92%), Vitamin B1: 0.24mg (16.27%), Calcium: 132.41mg (13.24%), Phosphorus: 130.08mg (13.01%), Folate: 49.28µg (12.32%), Manganese: 0.2mg (10.09%), Vitamin B3: 1.67mg (8.37%), Potassium: 262.18mg (7.49%), Iron: 1.34mg (7.47%), Fiber: 1.7g (6.8%), Magnesium: 25.01mg (6.25%), Vitamin B5: 0.53mg (5.34%), Copper: 0.1mg (5.16%), Vitamin A: 257.26IU (5.15%), Zinc: 0.73mg (4.85%), Vitamin B6: 0.09mg (4.54%), Vitamin B12: 0.24µg (3.96%), Vitamin D: 0.38µg (2.55%), Vitamin E: 0.3mg (1.98%)