



## Pumpkin Bread Pudding

READY IN



100 min.

SERVINGS



8

CALORIES



463 kcal

DESSERT

### Ingredients

- 1 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 3 cups milk
- 1 teaspoon vanilla
- 15 ounces pumpkin pie filling/mix canned (not pumpkin pie mix)
- 3 eggs
- 6 cups unseasoned bread cubes
- 0.5 cup currants

- 0.5 cup pecans chopped
- 16 cashew pieces
- 1 serving whipped cream

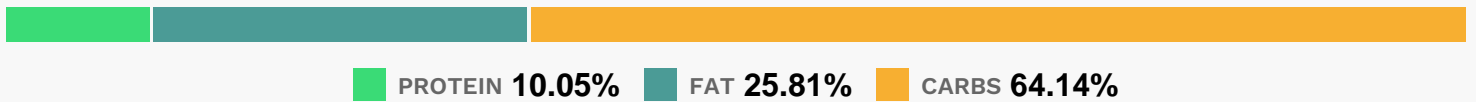
## Equipment

- bowl
- frying pan
- oven
- knife
- springform pan

## Directions

- Heat oven to 350°F. Grease bottom and side of springform pan, 10x3 inches.
- Mix all ingredients except bread cubes, currants and pecans in large bowl until well blended. Stir in bread cubes, currants and chopped pecans.
- Let mixture stand 10 minutes; spoon into springform pan. Arrange pecan halves on top of pudding.
- Bake 50 to 60 minutes or until knife inserted in center comes out clean.
- Let stand 10 minutes; remove side of pan.
- Serve warm with cream. Refrigerate any remaining pudding.

## Nutrition Facts



## Properties

Glycemic Index:36.61, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:20.643913196481%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 462.91kcal (23.15%), Fat: 13.67g (21.02%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 76.4g (25.47%), Net Carbohydrates: 68.95g (25.07%), Sugar: 41.45g (46.06%), Cholesterol: 75.99mg (25.33%), Sodium: 386.04mg (16.78%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 11.97g (23.95%), Vitamin A: 4694.98IU (93.9%), Manganese: 1.19mg (59.36%), Selenium: 20.89µg (29.85%), Fiber: 7.46g (29.83%), Phosphorus: 258.97mg (25.9%), Calcium: 243.93mg (24.39%), Vitamin B2: 0.41mg (24.36%), Vitamin B1: 0.31mg (21%), Iron: 3.13mg (17.41%), Vitamin B5: 1.72mg (17.17%), Folate: 66.01µg (16.5%), Magnesium: 63mg (15.75%), Copper: 0.3mg (15.14%), Vitamin B3: 2.96mg (14.8%), Vitamin B6: 0.28mg (14.22%), Potassium: 465.5mg (13.3%), Zinc: 1.76mg (11.71%), Vitamin B12: 0.67µg (11.22%), Vitamin D: 1.35µg (9.02%), Vitamin K: 4.04µg (3.85%), Vitamin E: 0.46mg (3.08%), Vitamin C: 2.52mg (3.05%)