



Pumpkin Bread Pudding

READY IN



100 min.

SERVINGS



8

CALORIES



585 kcal

DESSERT

Ingredients

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

- 16 pecans
- 0.5 cup pecans chopped
- 1 teaspoon vanilla

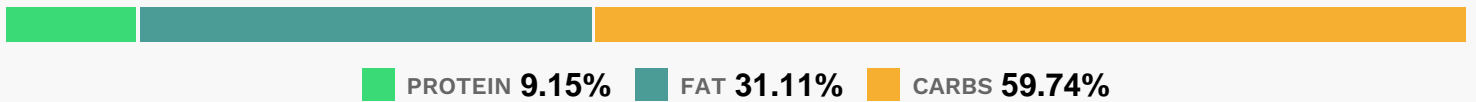
Equipment

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

Directions

- Heat oven to 350F. 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:34.71, Glycemic Load:23.26, Inflammation Score:-10, Nutrition Score:22.834347838941%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg

Nutrients (% of daily need)

Calories: 585.21kcal (29.26%), Fat: 20.72g (31.87%), Saturated Fat: 7.66g (47.89%), Carbohydrates: 89.52g (29.84%), Net Carbohydrates: 81.48g (29.63%), Sugar: 53.63g (59.59%), Cholesterol: 101.4mg (33.8%), Sodium: 431.88mg (18.78%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 13.7g (27.41%), Vitamin A: 4939.68IU (98.79%), Manganese: 1.27mg (63.41%), Vitamin B2: 0.55mg (32.62%), Fiber: 8.03g (32.13%), Calcium: 318.7mg (31.87%), Phosphorus: 309.58mg (30.96%), Selenium: 21.44µg (30.63%), Vitamin B1: 0.34mg (22.96%), Vitamin B5: 2.05mg (20.51%), Folate: 68.76µg (17.19%), Iron: 3.06mg (16.98%), Magnesium: 65.71mg (16.43%), Potassium: 572.11mg (16.35%), Vitamin B6: 0.31mg (15.28%), Vitamin B3: 3.03mg (15.14%), Vitamin B12: 0.9µg (14.97%), Copper: 0.28mg (14.19%), Zinc: 2.11mg (14.06%), Vitamin D: 1.47µg (9.79%), Vitamin E: 0.65mg (4.31%), Vitamin C: 2.88mg (3.49%), Vitamin K: 3.29µg (3.13%)