



Pumpkin Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



878 kcal

DESSERT

Ingredients

- ☐ 5 cups top cubed (1-inch)
- ☐ 2 large egg yolk
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup pumpkin puree canned
- ☐ 0.5 cup sugar
- ☐ 0.8 stick butter unsalted melted
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Whisk together cream, pumpkin, milk, sugar, eggs, yolk, salt, and spices in a bowl.
- ☐ Toss bread cubes with butter in another bowl, then add pumpkin mixture and toss to coat.
- ☐ Transfer to an ungreased 8-inch square baking dish and bake until custard is set, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.77, Glycemic Load:90.88, Inflammation Score:-10, Nutrition Score:32.625217059384%

Nutrients (% of daily need)

Calories: 878.28kcal (43.91%), Fat: 32.85g (50.54%), Saturated Fat: 18.39g (114.94%), Carbohydrates: 123.92g (41.31%), Net Carbohydrates: 118.58g (43.12%), Sugar: 28.94g (32.15%), Cholesterol: 138.83mg (46.28%), Sodium: 1308.3mg (56.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.92%), Vitamin A: 5817.67IU (116.35%), Vitamin B1: 1.44mg (95.82%), Selenium: 61.55µg (87.93%), Folate: 256.5µg (64.13%), Vitamin B2: 1mg (58.78%), Manganese: 1.15mg (57.63%), Vitamin B3: 9.68mg (48.41%), Iron: 8.38mg (46.53%), Phosphorus: 287.08mg (28.71%), Fiber: 5.34g (21.36%), Magnesium: 76.3mg (19.07%), Calcium: 174.75mg (17.47%), Copper: 0.35mg (17.31%), Zinc: 2.43mg (16.22%), Vitamin B6: 0.28mg (13.78%), Vitamin B5: 1.14mg (11.44%), Potassium:

374.29mg (10.69%), Vitamin E: 1.59mg (10.62%), Vitamin D: 1.38µg (9.17%), Vitamin K: 8.72µg (8.3%), Vitamin B12: 0.31µg (5.13%), Vitamin C: 1.55mg (1.88%)