



Pumpkin Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



572 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin canned
- ☐ 4.5 cups egg bread loaf – crusts cubed () (8 ounces)
- ☐ 3 large eggs lightly beaten
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon pumpkin-pie spice
- ☐ 0.5 cup sugar

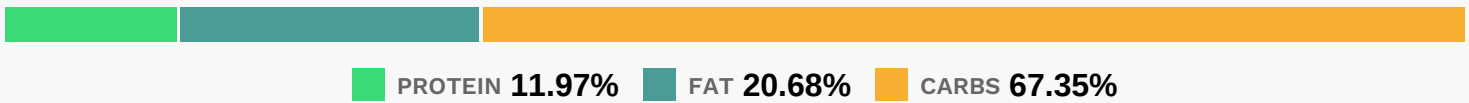
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add bread, tossing gently to coat. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Cover with foil; chill 30 minutes or up to 4 hours.
- ☐ Preheat oven to 35
- ☐ Place dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake, covered, at 350 for 25 minutes. Uncover and bake an additional 10 minutes or until a knife inserted in center comes out clean.
- ☐ Serve each bread pudding piece warm with about 1 tablespoon syrup and 1 1/2 teaspoons pecans.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:13.69, Inflammation Score:-10, Nutrition Score:26.761304254117%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-

gallate: 0.08mg

Nutrients (% of daily need)

Calories: 571.69kcal (28.58%), Fat: 13.16g (20.24%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 96.39g (32.13%), Net Carbohydrates: 91.44g (33.25%), Sugar: 30.74g (34.15%), Cholesterol: 140.57mg (46.86%), Sodium: 554.32mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.25%), Vitamin A: 8694.46IU (173.89%), Manganese: 1.39mg (69.57%), Selenium: 47.16µg (67.38%), Vitamin B2: 1.03mg (60.32%), Vitamin B1: 0.65mg (43.56%), Folate: 157.55µg (39.39%), Vitamin B3: 6.76mg (33.78%), Iron: 5.26mg (29.22%), Phosphorus: 240.3mg (24.03%), Calcium: 217.63mg (21.76%), Fiber: 4.95g (19.79%), Copper: 0.33mg (16.53%), Magnesium: 52.34mg (13.08%), Zinc: 1.86mg (12.4%), Potassium: 400.37mg (11.44%), Vitamin B5: 1.04mg (10.36%), Vitamin K: 9.99µg (9.51%), Vitamin B6: 0.17mg (8.42%), Vitamin B12: 0.5µg (8.26%), Vitamin E: 1.17mg (7.78%), Vitamin D: 0.91µg (6.05%), Vitamin C: 2.37mg (2.88%)