



Pumpkin Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



860 kcal

DESSERT

Ingredients

- ☐ 6 cups unseasoned bread cubes french toasted
- ☐ 3 tablespoons butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 3 large eggs lightly beaten
- ☐ 2 cups half-and-half
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.5 cup raisins

☐ 1.5 cups sugar

Equipment

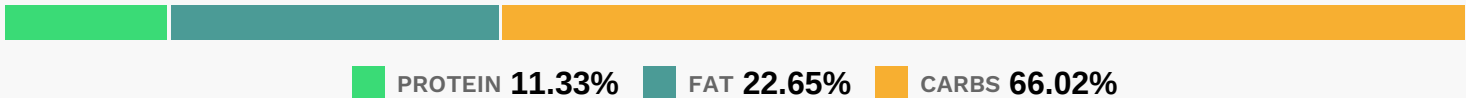
☐ oven

☐ baking pan

Directions

- ☐ Place bread in a lightly greased 11- x 7-inch baking dish.
- ☐ Pour half-and-half over bread.
- ☐ Stir together sugar and next7 ingredients, and gently fold into bread mixture.
- ☐ Bake at 350 for 50 to 60 minutes or until set.
- ☐ Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:101.02, Inflammation Score:-10, Nutrition Score:33.706956697547%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 860.44kcal (43.02%), Fat: 22.1g (34%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 144.91g (48.3%), Net Carbohydrates: 138.15g (50.24%), Sugar: 50.23g (55.81%), Cholesterol: 90.93mg (30.31%), Sodium: 1187.07mg (51.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Vitamin A: 8781.6IU (175.63%), Vitamin B1: 1.35mg (90.05%), Selenium: 59.22µg (84.59%), Manganese: 1.4mg (69.91%), Vitamin B2: 1.02mg (60.23%), Folate: 237.14µg (59.28%), Iron: 8.55mg (47.48%), Vitamin B3: 9.02mg (45.08%), Phosphorus: 325.3mg (32.53%), Fiber: 6.76g (27.02%), Copper: 0.45mg (22.62%), Magnesium: 88.4mg (22.1%), Calcium: 193.96mg (19.4%), Zinc: 2.73mg (18.18%), Vitamin B6: 0.31mg (15.73%), Potassium: 529.78mg (15.14%), Vitamin B5: 1.33mg

(13.31%), Vitamin K: 10.95µg (10.43%), Vitamin E: 1.54mg (10.29%), Vitamin B12: 0.29µg (4.78%), Vitamin C: 3.8mg (4.61%), Vitamin D: 0.38µg (2.5%)