



Pumpkin Bread Pudding (lighter)

READY IN



100 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

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

- 0.5 cup pecans chopped
- 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, currants and pecans in large bowl until well blended. Stir in bread, currants and pecans.
- Let mixture stand 10 minutes; spoon into springform pan.
- 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:32.86, Glycemic Load:15.06, Inflammation Score:-10, Nutrition Score:20.609130579492%

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: 432.36kcal (21.62%), Fat: 10.09g (15.53%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 75.79g (25.26%), Net Carbohydrates: 68.44g (24.89%), Sugar: 41.57g (46.19%), Cholesterol: 91.13mg (30.38%), Sodium: 397.52mg (17.28%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 12.37g (24.74%), Vitamin A: 4768.1IU (95.36%), Manganese: 1.14mg (56.95%), Selenium: 22.32µg (31.89%), Fiber: 7.36g (29.43%), Phosphorus: 259.53mg (25.95%), Vitamin B2: 0.44mg (25.61%), Calcium: 255.09mg (25.51%), Vitamin B1: 0.31mg (20.33%), Vitamin B5: 1.77mg (17.74%), Folate: 70.05µg (17.51%), Iron: 3.04mg (16.91%), Vitamin B3: 2.95mg (14.73%), Vitamin B6: 0.28mg (14.01%), Magnesium: 55.07mg (13.77%), Potassium: 470.92mg (13.45%), Vitamin B12: 0.77µg (12.8%), Copper: 0.24mg (12.13%), Zinc: 1.7mg (11.35%), Vitamin D: 1.48µg (9.88%), Vitamin C: 2.51mg (3.04%), Vitamin E: 0.45mg (3.03%), Vitamin K: 2.76µg (2.63%)