



Pumpkin Bread Pudding (lighter)

READY IN



100 min.

SERVINGS



8

CALORIES



552 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
- ☐ 0.8 cup eggs fat-free
- ☐ 3 cups skim milk fat-free (skim)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 8 servings whipped cream

- ☐ 0.5 cup pecans chopped
- ☐ 1.5 teaspoons vanilla

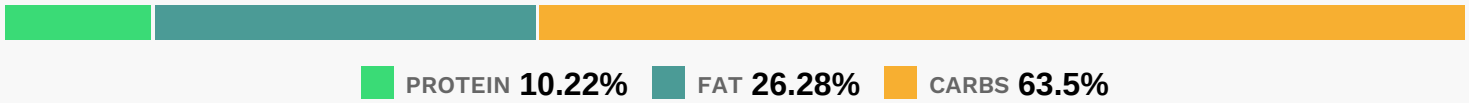
Equipment

- ☐ 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, 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:23.12, Inflammation Score:-10, Nutrition Score:22.876086908838%

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: 551.9kcal (27.6%), Fat: 16.45g (25.3%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 89.42g (29.81%), Net Carbohydrates: 81.66g (29.69%), Sugar: 53.81g (59.79%), Cholesterol: 116.54mg (38.85%), Sodium: 443.72mg (19.29%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 14.39g (28.78%), Vitamin A: 5011.22IU (100.22%), Manganese: 1.14mg (57.18%), Vitamin B2: 0.57mg (33.76%), Selenium: 23.36µg (33.37%), Calcium: 329.01mg (32.9%), Phosphorus: 320.16mg (32.02%), Fiber: 7.76g (31.05%), Vitamin B1: 0.33mg (21.91%), Vitamin B5: 2.11mg (21.1%), Folate: 72.93µg (18.23%), Iron: 3.1mg (17.2%), Potassium: 585.84mg (16.74%), Vitamin B12: 0.99µg (16.55%), Magnesium: 63.15mg (15.79%), Vitamin B6: 0.31mg (15.39%), Vitamin B3: 3.01mg (15.06%), Zinc: 2.1mg (14.01%), Copper: 0.26mg (12.79%), Vitamin D: 1.6µg (10.65%), Vitamin E: 0.63mg (4.19%), Vitamin C: 2.85mg (3.46%), Vitamin K: 2.94µg (2.8%)