



Pumpkin Bread Pudding Mug Cake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 2 servings mrs richardson's butterscotch caramel sauce
- ☐ 0.1 tsp cinnamon
- ☐ 1 large eggs
- ☐ 4 tbsp milk
- ☐ 2 tbsp pumpkin puree
- ☐ 2 tbsp sugar (sweet with caramel sauce)

Equipment

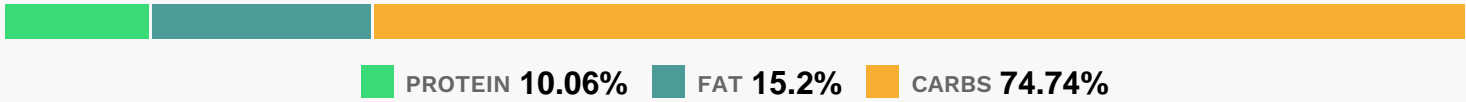
- ☐ bowl

- ☐ whisk
- ☐ microwave

Directions

- ☐ Lightly grease one microwave safe mug. Line mug with half of the bread cubes. Circle the inside of the cup with bread, then fill the middle. Continue to stack up until you run out, so that it forms a tower of bread inside the mug.
- ☐ In a separate mug or small bowl, whisk egg, milk, cinnamon, pumpkin and sugar.
- ☐ Pour half of mixture onto bread tower, making sure custard mixture touches all bread pieces. Microwave for about 1 minute or until custard is fully cooked.
- ☐ Remove from mug and place onto a plate. Use mug again to make second bread pudding.
- ☐ Serve warm with ice cream and caramel sauce.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:6.6552173961764%

Nutrients (% of daily need)

Calories: 189.93kcal (9.5%), Fat: 3.38g (5.2%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 36.89g (13.41%), Sugar: 36.52g (40.58%), Cholesterol: 96.6mg (32.2%), Sodium: 253.97mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin A: 2572.98IU (51.46%), Selenium: 9.1µg (13%), Phosphorus: 108.75mg (10.87%), Vitamin B2: 0.16mg (9.64%), Calcium: 86.07mg (8.61%), Vitamin B12: 0.49µg (8.22%), Vitamin B5: 0.65mg (6.51%), Vitamin D: 0.83µg (5.53%), Manganese: 0.09mg (4.46%), Potassium: 151.03mg (4.32%), Folate: 14.77µg (3.69%), Iron: 0.66mg (3.66%), Vitamin B6: 0.07mg (3.47%), Magnesium: 13.17mg (3.29%), Zinc: 0.47mg (3.16%), Vitamin E: 0.47mg (3.14%), Vitamin K: 2.62µg (2.49%), Fiber: 0.52g (2.09%), Vitamin B1: 0.03mg (2.03%), Copper: 0.03mg (1.75%), Vitamin C: 0.94mg (1.14%)