



# Pumpkin-Cranberry Custard with Maple Cream

 Vegetarian

READY IN



54 min.

SERVINGS



12

CALORIES



482 kcal

DESSERT

## Ingredients

- 6 cups day-old bread french cubed (1-inch)
- 1 cup pumpkin canned
- 0.5 cup cranberries dried
- 1 large egg white lightly beaten
- 2 large eggs lightly beaten
- 2 cups milk 2% reduced-fat
- 12 servings maple cream
- 2 tablespoons maple syrup

- 2 teaspoons pumpkin-pie spice
- 0.3 teaspoon salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract

## Equipment

- oven
- whisk
- wire rack
- baking pan

## Directions

- Preheat oven to 32
- Combine first 6 ingredients. Stir with a whisk. Gradually stir in milk, maple syrup, and vanilla.
- Add bread cubes and cranberries; stir until bread is well coated.
- Pour into an 11 x 7-inch baking dish coated with cooking spray.
- Bake at 325 for 40 to 45 minutes or until custard is set. Cool 5 minutes on a wire rack.
- Serve warm with Maple Cream.

## Nutrition Facts



**PROTEIN 13.21%** **FAT 18.54%** **CARBS 68.25%**

## Properties

Glycemic Index:15.59, Glycemic Load:55.9, Inflammation Score:-10, Nutrition Score:21.192608734836%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 482.15kcal (24.11%), Fat: 10.04g (15.45%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 83.21g (27.74%), Net Carbohydrates: 79.7g (28.98%), Sugar: 25.44g (28.26%), Cholesterol: 51.1mg (17.03%), Sodium: 801.4mg (34.84%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 16.1g (32.2%), Vitamin A: 3483.94IU (69.68%), Vitamin B1: 0.87mg (57.99%), Selenium: 38.58µg (55.12%), Vitamin B2: 0.71mg (41.99%), Manganese: 0.8mg (40.14%), Folate: 154.63µg (38.66%), Vitamin B3: 5.87mg (29.35%), Iron: 5.18mg (28.75%), Phosphorus: 193.97mg (19.4%), Fiber: 3.51g (14.05%), Calcium: 135.32mg (13.53%), Magnesium: 50.63mg (12.66%), Zinc: 1.64mg (10.91%), Copper: 0.22mg (10.91%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.8mg (7.99%), Potassium: 278.67mg (7.96%), Vitamin E: 0.81mg (5.43%), Vitamin B12: 0.31µg (5.15%), Vitamin K: 5.16µg (4.91%), Vitamin D: 0.41µg (2.71%), Vitamin C: 1.11mg (1.35%)