



## Quince-and-Cranberry Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



854 kcal

DESSERT

### Ingredients

- 0.5 cup apple cider
- 0.7 cup brown sugar packed
- 1 large eggs
- 2 large egg whites
- 1.3 cups milk fat-free
- 6 cups bread french 1-inch-thick cubed ()
- 0.3 teaspoon ground cardamom
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground nutmeg
- 0.3 cup hazelnuts
- 1 cup quinces diced cored peeled ( 1 quince)
- 0.3 cup cranberries dried sweetened
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

## Directions

- Preheat oven to 35
- Place hazelnuts on a baking sheet.
- Bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- Roll up towel; rub off skins. Coarsely chop nuts; set aside.
- Combine milk and next 7 ingredients (milk through egg) in a bowl.
- Add bread cubes; toss to coat.
- Let stand 15 minutes.
- Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- Add quince; saut 3 minutes.
- Add apple cider; reduce heat, and simmer 15 minutes or until liquid almost evaporates.
- Add quince, cranberries, and hazelnuts to bread mixture; toss gently to coat. Spoon into an 8-inch square baking dish coated with cooking spray.
- Bake at 350 for 35 minutes or until set.
- Let stand 5 minutes before serving.

## Nutrition Facts

PROTEIN 14.16% FAT 10.23% CARBS 75.61%

## Properties

Glycemic Index:47.42, Glycemic Load:98.32, Inflammation Score:-8, Nutrition Score:34.051304236702%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 853.75kcal (42.69%), Fat: 9.81g (15.09%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 163.17g (54.39%), Net Carbohydrates: 156.19g (56.8%), Sugar: 43.24g (48.05%), Cholesterol: 32.53mg (10.84%), Sodium: 1484.88mg (64.56%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 30.55g (61.1%), Vitamin B1: 1.76mg (117.19%), Selenium: 74.16µg (105.94%), Manganese: 1.68mg (84.25%), Folate: 303.6µg (75.9%), Vitamin B2: 1.19mg (69.81%), Vitamin B3: 11.73mg (58.65%), Iron: 10.18mg (56.55%), Phosphorus: 345.9mg (34.59%), Fiber: 6.98g (27.92%), Copper: 0.53mg (26.35%), Magnesium: 99.51mg (24.88%), Calcium: 232.23mg (23.22%), Zinc: 2.97mg (19.81%), Vitamin B6: 0.36mg (17.9%), Potassium: 561.95mg (16.06%), Vitamin B5: 1.25mg (12.53%), Vitamin E: 1.45mg (9.67%), Vitamin C: 6.45mg (7.82%), Vitamin B12: 0.38µg (6.34%), Vitamin D: 0.73µg (4.85%), Vitamin A: 167.25IU (3.34%), Vitamin K: 2.88µg (2.74%)