



Raspberry-White Chocolate Bread Pudding

READY IN



60 min.

SERVINGS



6

CALORIES



488 kcal

DESSERT

Ingredients

- 2 eggs
- 1 cup milk
- 0.5 cup whipping cream
- 1 teaspoon vanilla
- 0.5 cup sugar
- 0.3 teaspoon salt
- 1 loaf bread french cut into 1-inch squares (6 to 7 cups)
- 2 cups raspberries frozen organic thawed cascadian farm® () (from 10-oz bag)
- 0.5 cup peppermint candies white

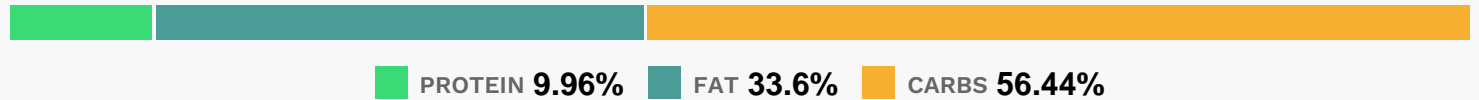
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 350°F. Spray 3-quart casserole with cooking spray.
- In medium bowl, beat eggs, milk, cream, vanilla, sugar and salt with whisk until well mixed.
- Add bread; press into egg mixture until evenly absorbed. Stir in raspberries and baking chips.
- Pour into casserole.
- Bake covered 30 minutes; uncover and bake 10 to 20 minutes longer or until golden brown and set.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:39.59, Inflammation Score:-6, Nutrition Score:14.298261082691%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 488.08kcal (24.4%), Fat: 18.6g (28.61%), Saturated Fat: 11.98g (74.87%), Carbohydrates: 70.3g (23.43%), Net Carbohydrates: 66.23g (24.08%), Sugar: 35.35g (39.28%), Cholesterol: 81.85mg (27.28%), Sodium: 552.71mg (24.03%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 12.4g (24.8%), Selenium: 25.12µg (35.88%), Vitamin B1: 0.52mg (34.59%), Manganese: 0.63mg (31.29%), Vitamin B2: 0.46mg (27.3%), Folate: 98.09µg (24.52%), Iron: 3.17mg (17.61%), Vitamin B3: 3.52mg (17.61%), Phosphorus: 163.26mg (16.33%), Fiber: 4.07g (16.27%), Calcium: 145.86mg (14.59%), Vitamin C: 10.6mg (12.85%), Magnesium: 38.24mg (9.56%), Vitamin A: 449.83IU (9%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.78mg (7.82%), Copper: 0.15mg (7.61%), Vitamin B6: 0.15mg (7.51%), Vitamin D: 1.06µg (7.05%), Potassium: 239.82mg (6.85%), Vitamin B12: 0.38µg (6.36%), Vitamin E: 0.84mg (5.63%), Vitamin K: 4.39µg (4.18%)