



Round 2 : Bread Pudding

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



879 kcal

DESSERT

Ingredients

- ☐ 2 bananas cut into 1/2-inch slices
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 loaf egg bread loaf – crusts
- ☐ 1 eggs
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup brown sugar light

- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup milk
- ☐ 2 cups milk
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

Equipment

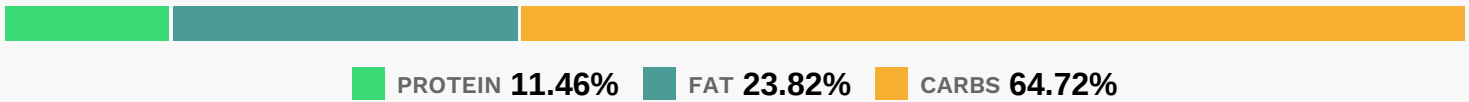
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin

Directions

- ☐ Spray 4 (7-ounce) ramekins with nonstick cooking spray.
- ☐ Place onto a baking sheet and set aside.
- ☐ In a large bowl combine egg, milk, pumpkin pie spice, brown sugar and French Toast batter.
- ☐ Whisk together until well blended.
- ☐ Add bread and mix so that all the bread is coated. Cover and let sit for 30 minutes to 1 hour in the refrigerator.
- ☐ Preheat oven to 325 degrees F.
- ☐ Evenly divide the bread and batter mixture among the 4 ramekins.
- ☐ Place in the preheated oven and bake for 30 to 40 minutes or until set.

- ☐ Serve warm and top with Brown Sugar Banana Syrup.
- ☐ In a small saucepan, combine butter, pumpkin pie spice, molasses, brown sugar and 1/2 cup of water. Bring to a boil, add bananas then lower heat and let simmer for 3 minutes.
- ☐ Remove syrup from heat, cover and keep warm.*
- ☐ Serve over French toast.
- ☐ Preheat oven to 400 degrees F.
- ☐ Slice bread into 12 slices. Reserve 2 slices plus the ends for the bread pudding Round 2 Recipe.
- ☐ Place remaining 8 slices on a baking sheet. Toast in oven for 3 minutes.
- ☐ Remove and lower oven temperature to 250 degrees F.
- ☐ In a large bowl whisk together the milk, eggs, flour, vanilla, brown sugar and salt.
- ☐ Spray a 12-inch skillet with nonstick cooking spray and place over medium heat. Working in batches of 4, dip the bread into the batter and soak both sides.
- ☐ Remove allowing excess to drip back into the bowl and place in the hot skillet. Cook until golden brown on both sides, about 3 minutes per side.
- ☐ Transfer the toast to a baking sheet fitted with a wire rack and keep warm in a 250 degree F oven. Repeat with remaining slices of bread.
- ☐ Serve hot with Brown Sugar Banana Syrup.

Nutrition Facts



Properties

Glycemic Index:74.94, Glycemic Load:21.69, Inflammation Score:-8, Nutrition Score:30.338695785274%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 878.92kcal (43.95%), Fat: 23.33g (35.89%), Saturated Fat: 10.43g (65.18%), Carbohydrates: 142.66g (47.55%), Net Carbohydrates: 138.06g (50.2%), Sugar: 71.82g (79.8%), Cholesterol: 275.19mg (91.73%), Sodium: 778.73mg (33.86%), Alcohol: 0.69g (100%), Alcohol %: 0.17% (100%), Protein: 25.26g (50.52%), Selenium: 60.78µg (86.83%), Vitamin B2: 1.09mg (64.3%), Manganese: 1.08mg (54.04%), Vitamin B1: 0.76mg (50.92%), Folate: 182.84µg (45.71%), Phosphorus: 437.85mg (43.78%), Calcium: 427.17mg (42.72%), Vitamin B3: 7.2mg (35.99%), Iron: 6.03mg (33.51%), Vitamin B6: 0.58mg (28.9%), Potassium: 914.78mg (26.14%), Vitamin B12: 1.54µg (25.75%), Magnesium: 98.14mg (24.53%), Vitamin D: 3.44µg (22.91%), Vitamin B5: 2.16mg (21.62%), Vitamin A: 1010.66IU (20.21%), Fiber: 4.6g (18.39%), Copper: 0.37mg (18.36%), Zinc: 2.53mg (16.86%), Vitamin E: 1.13mg (7.54%), Vitamin C: 5.19mg (6.29%), Vitamin K: 2.62µg (2.49%)