



Round 2 - Savory Bread Pudding with Ham

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



395 kcal

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 slices crust from eggs benedict whole-wheat leftover
- ☐ 4 large eggs
- ☐ 3 sprigs thyme leaves fresh
- ☐ 4 servings ham from ham and cheese souffle diced leftover
- ☐ 2 cups milk
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 medium onion diced yellow

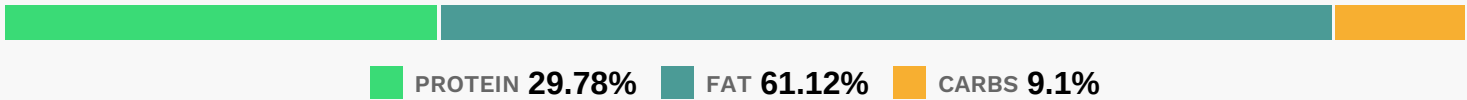
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Cut all the bread into cubes.
- ☐ Heat the canola oil over medium heat, add the onion and saute until softened and translucent, about 5 minutes.
- ☐ Add the thyme leaves and salt and pepper, to taste.
- ☐ Add the diced ham, stir to combine and saute for another 1 to 2 minutes.
- ☐ Put the bread in a 9 by 13-inch baking dish and add the onion and ham mixture. Toss together.
- ☐ Whisk the eggs and the milk in a small bowl, and season with salt and pepper, to taste.
- ☐ Pour the egg mixture over the bread mixture and let it sit for 15 minutes.
- ☐ Bake until the top is golden brown and the middle is set, about 30 to 35 minutes.
- ☐ Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:17.623043526774%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 394.91kcal (19.75%), Fat: 26.5g (40.78%), Saturated Fat: 9.21g (57.54%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.28g (3.01%), Sugar: 7.22g (8.02%), Cholesterol: 255.2mg (85.07%), Sodium: 1128.21mg (49.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.11%), Selenium: 37.26µg (53.23%), Phosphorus: 414.04mg (41.4%), Vitamin B1: 0.61mg (40.83%), Vitamin B2: 0.6mg (35.18%), Vitamin B12: 1.65µg (27.54%), Vitamin B6: 0.52mg (25.96%), Zinc: 3.19mg (21.23%), Vitamin B3: 4mg (20.02%), Vitamin D: 2.95µg (19.65%), Calcium: 194.1mg (19.41%), Vitamin B5: 1.66mg (16.56%), Potassium: 541.84mg (15.48%), Magnesium: 40.97mg (10.24%), Vitamin A: 507.07IU (10.14%), Iron: 1.82mg (10.12%), Vitamin E: 1.52mg (10.11%), Folate: 31.86µg (7.97%), Copper: 0.12mg (6.22%), Manganese: 0.09mg (4.6%), Vitamin C: 3.24mg (3.92%), Vitamin K: 3.29µg (3.13%), Fiber: 0.6g (2.39%)