



Sausage and Caramelized Onion Bread Pudding

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

Ingredients

- 0.3 cup apple juice
- 1 ounce day-old bread french cut into 1-inch cubes
- 0.3 teaspoon mustard dry
- 1 large egg white
- 2 large eggs
- 4 ounces turkey sausage italian
- 1.3 cups milk 1% low-fat
- 0.1 teaspoon salt
- 3 ounces sharp cheddar cheese shredded divided

2 cups onion yellow chopped

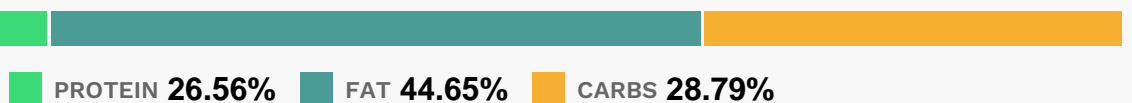
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Combine first 5 ingredients in a large bowl; stir well with a whisk.
- Add bread; toss gently to coat.
- Let bread mixture stand 20 minutes.
- Preheat oven to 35
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add onion to pan; cook 10 minutes, stirring occasionally.
- Add juice; cook 5 minutes, stirring occasionally.
- Remove casings from sausage. Crumble sausage into pan; cook 5 minutes or until browned, stirring frequently.
- Remove from heat; let stand 5 minutes.
- Add sausage mixture and cheese to bread mixture; stir well to combine. Spoon into an 8-inch square baking dish coated with cooking spray.
- Bake at 350 for 40 minutes or until set and lightly browned.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:13.962174042411%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg

Nutrients (% of daily need)

Calories: 264.45kcal (13.22%), Fat: 13.17g (20.25%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.28g (6.28%), Sugar: 10.25g (11.39%), Cholesterol: 133.22mg (44.41%), Sodium: 601.19mg (26.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.24%), Selenium: 25.99µg (37.13%), Phosphorus: 314.35mg (31.44%), Calcium: 293.68mg (29.37%), Vitamin B2: 0.46mg (26.96%), Iron: 3.68mg (20.42%), Vitamin C: 14.69mg (17.8%), Vitamin B12: 1.06µg (17.62%), Vitamin B6: 0.32mg (15.98%), Zinc: 2.27mg (15.12%), Vitamin B1: 0.17mg (11.52%), Vitamin B5: 1.13mg (11.27%), Folate: 44.51µg (11.13%), Potassium: 386.93mg (11.06%), Vitamin A: 544.85IU (10.9%), Vitamin D: 1.49µg (9.95%), Magnesium: 37.68mg (9.42%), Manganese: 0.19mg (9.31%), Vitamin B3: 1.62mg (8.1%), Fiber: 1.82g (7.27%), Copper: 0.1mg (5.19%), Vitamin E: 0.48mg (3.18%)