

ONIONS

Sausage, Apple, and Cheddar Bread Pudding

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.60	307 kcal

Sausage, Apple, and Cheddar Bread Pudding takes around 45 minutes from beginning to end. This recipe serves 6. One serving contains 307 calories, 20g of protein, and 10g of fat. For \$1.6 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 0.1 teaspoon black pepper
- ☐ 1 cup egg substitute
- ☐ ¼ cup chopped fresh parsley
- ☐ 2 cups chopped Granny Smith apple
- ☐ 8 ounces turkey Italian sausage
- ☐ 2 cups 1% low-fat milk
- ☐ 1 cup chopped onion
- ☐ ¼ teaspoon salt
- ☐ 3 ounces ¾ cup shredded sharp cheddar cheese, divided
- ☐ 8 ounces (1-inch) cubed day-old sourdough bread (about 9 cups)

EQUIPMENT Bowl, Frying pan, Oven, Whisk, Baking pan

Method

- 1Preheat oven to 35
- 2Heat a large nonstick skillet over medium-high heat.
- 3Remove casings from sausage.

- 4 Add sausage to pan; cook for 4 minutes or until browned, stirring to crumble. Stir in apple and onion. Cover and cook over low heat 5 minutes or until apple is crisp-tender.
- 5 Remove from heat; cool slightly.
- 6 Combine milk, egg substitute, 1/4 cup cheddar cheese, parsley, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a large bowl, stirring with a whisk. Stir in sausage mixture.
- 7 Add bread, and stir gently to combine.
- 8 Let stand 10 minutes. Spoon into a 2-quart baking dish coated with cooking spray.
- 9 Sprinkle with remaining 1/2 cup cheese.
- 10 Bake at 350 for 45 minutes or until pudding is set and lightly browned.

Nutrition per serving

	307 KCAL	20 g PROTEIN	10 g FAT	35 g CARBS
Saturated Fat				4.7 g · 29% of daily needs
Fibre				2.7 g · 11% of daily needs
Sugar				13.2 g · 15% of daily needs
Sodium				881 mg · 38% of daily needs
Cholesterol				38.1 mg · 13% of daily needs
Vitamin C				18.9 mg · 23% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sausage-apple-and-cheddar-bread-pudding-148197