



Savory Bread Pudding

READY IN



83 min.

SERVINGS



10

CALORIES



292 kcal

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon butter
- 1 tablespoon dijon mustard
- 1.5 cups egg substitute
- 2 cups milk fat-free
- 2 garlic cloves minced
- 12 ounces bread italian cut into 1-inch cubes
- 2 cups buttermilk low-fat
- 8 ounces cheddar cheese shredded 2% reduced-fat
- 1 medium onion finely chopped

0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 37
- Melt butter in a small skillet over medium heat.
- Add onion and garlic; saut 5 minutes.
- Transfer cooked onion to a large bowl; add bread cubes, tossing well to combine.
- Combine buttermilk and next 5 ingredients in a bowl; pour over bread mixture, stirring well to combine. Stir in Cheddar cheese. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Bake at 375 for 1 hour or until set.

Nutrition Facts



PROTEIN 21% FAT 44.93% CARBS 34.07%

Properties

Glycemic Index:20.42, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:9.4408695309058%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 292.12kcal (14.61%), Fat: 14.62g (22.49%), Saturated Fat: 8.12g (50.77%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 23.48g (8.54%), Sugar: 16.62g (18.46%), Cholesterol: 9.23mg (3.08%), Sodium: 564.32mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Selenium: 20.75µg (29.65%),

Phosphorus: 249.35mg (24.94%), Calcium: 245.73mg (24.57%), Vitamin B2: 0.36mg (21.33%), Vitamin B12: 0.62µg (10.4%), Vitamin B1: 0.15mg (9.77%), Potassium: 341.31mg (9.75%), Vitamin B5: 0.97mg (9.69%), Iron: 1.61mg (8.94%), Folate: 35.3µg (8.83%), Zinc: 1.29mg (8.62%), Vitamin B3: 1.7mg (8.52%), Vitamin D: 1.14µg (7.58%), Magnesium: 28.04mg (7.01%), Vitamin B6: 0.12mg (6.23%), Fiber: 1.47g (5.87%), Vitamin A: 264.57IU (5.29%), Vitamin E: 0.63mg (4.2%), Manganese: 0.04mg (2.16%), Vitamin C: 1.67mg (2.02%), Copper: 0.03mg (1.34%)