



## Savory Bread Pudding with Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 2 cups skim milk fat-free
- ☐ 4 ounces goat cheese divided crumbled
- ☐ 0.3 cup spring onion sliced
- ☐ 1 cup cottage cheese 1% low-fat
- ☐ 1 pound sandwich bread white firm cut into 1-inch cubes ( 12 cups)

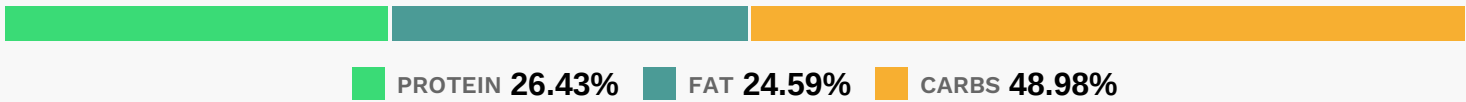
### Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Arrange bread in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine 1/2 cup goat cheese and next 5 ingredients (through egg whites) in a medium bowl, stirring well with a whisk.
- ☐ Pour milk mixture over bread; top with remaining 1/2 cup goat cheese. Cover with foil coated with cooking spray. Refrigerate for 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Remove bread pudding from refrigerator; let stand at room temperature 30 minutes. Uncover and bake at 350 for 40 minutes or until set and golden brown.
- ☐ Sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:27.91, Inflammation Score:-6, Nutrition Score:17.378260661726%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 354.77kcal (17.74%), Fat: 9.56g (14.71%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 41g (14.91%), Sugar: 9.66g (10.73%), Cholesterol: 105.65mg (35.22%), Sodium: 680.14mg (29.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Selenium: 34.1µg (48.71%), Vitamin B2: 0.61mg (36.03%), Calcium: 335.27mg (33.53%), Phosphorus: 325.31mg (32.53%), Vitamin B1: 0.46mg (30.88%), Folate: 107.43µg (26.86%), Manganese: 0.5mg (24.81%), Vitamin B3: 3.88mg (19.42%), Iron: 3.47mg (19.29%), Vitamin B12: 0.98µg (16.4%), Copper: 0.27mg (13.53%), Vitamin B5: 1.33mg (13.25%), Vitamin B6: 0.24mg (11.79%),

Zinc: 1.69mg (11.3%), Vitamin A: 555.03IU (11.1%), Magnesium: 40.91mg (10.23%), Vitamin D: 1.47µg (9.83%), Potassium: 336.14mg (9.6%), Vitamin K: 9.37µg (8.92%), Fiber: 1.87g (7.47%), Vitamin E: 0.49mg (3.27%)