



Savory Bread Pudding with Mushrooms and Parmesan Cheese

READY IN



45 min.

SERVINGS



12

CALORIES



511 kcal

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 6 tablespoons butter ()
- ☐ 1.5 cups celery thinly sliced
- ☐ 1 pound top white country-style
- ☐ 8 large eggs
- ☐ 1 pound mushrooms fresh assorted stemmed thinly sliced (such as crimini, button, portobello, and shiitake)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 teaspoons thyme leaves fresh chopped

- ☐ 1 large garlic clove minced
- ☐ 1 cup bell pepper green finely chopped
- ☐ 3.5 cups heavy whipping cream
- ☐ 0.3 cup olive oil
- ☐ 1.5 cups onion finely chopped
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 2 teaspoons salt

Equipment

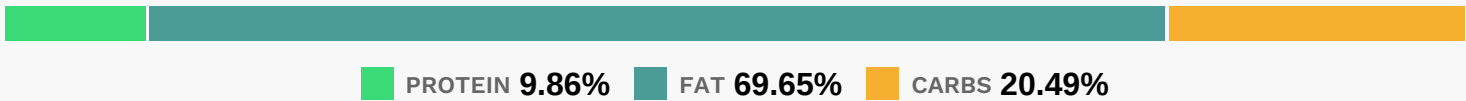
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F. Butter 13x9x2-inch glass baking dish.
- ☐ Cut bottom crust and short ends off bread and discard.
- ☐ Cut remaining bread with crust into 1-inch cubes (about 10 cups loosely packed).
- ☐ Place cubes in very large bowl.
- ☐ Add oil, thyme, and garlic; toss to coat.
- ☐ Spread cubes out on large rimmed baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until golden and slightly crunchy, stirring occasionally, about 20 minutes. Return toasted bread cubes to same very large bowl.
- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Add mushrooms, onion, celery, and bell pepper. sauté until soft and juices have evaporated, about 15 minutes.

- ☐ Add sautéed vegetables and parsley to bread cubes.
- ☐ Whisk heavy cream, eggs, salt, and ground pepper in large bowl.
- ☐ Mix custard into bread and vegetables.
- ☐ Transfer stuffing to prepared dish.
- ☐ Sprinkle cheese over. DO AHEAD Can be prepared 1 day ahead. Cover and refrigerate.
- ☐ Preheat oven to 350°F.
- ☐ Bake stuffing uncovered until set and top is golden, about 1 hour.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:15.99, Inflammation Score:-9, Nutrition Score:17.493043401967%

Flavonoids

Apigenin: 3.97mg, Apigenin: 3.97mg, Apigenin: 3.97mg, Apigenin: 3.97mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 510.79kcal (25.54%), Fat: 40.32g (62.03%), Saturated Fat: 21.91g (136.91%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 24.53g (8.92%), Sugar: 5.98g (6.65%), Cholesterol: 219.91mg (73.3%), Sodium: 789.15mg (34.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.67%), Selenium: 27.88µg (39.83%), Vitamin B2: 0.63mg (37.03%), Vitamin K: 38.14µg (36.32%), Vitamin A: 1675.42IU (33.51%), Vitamin B1: 0.35mg (23.24%), Phosphorus: 211.38mg (21.14%), Folate: 84.19µg (21.05%), Vitamin C: 16.43mg (19.91%), Vitamin B3: 3.42mg (17.11%), Manganese: 0.32mg (16.14%), Iron: 2.71mg (15.06%), Vitamin B5: 1.48mg (14.78%), Vitamin E: 1.99mg (13.3%), Calcium: 128.87mg (12.89%), Vitamin D: 1.87µg (12.45%), Copper: 0.24mg (12.01%), Vitamin B6: 0.23mg (11.59%), Potassium: 383.55mg (10.96%), Zinc: 1.42mg (9.43%), Fiber: 2.16g (8.63%), Magnesium: 32.36mg (8.09%), Vitamin B12: 0.47µg (7.87%)