



Savory Bread Pudding with Sausage and Escarole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



523 kcal

Ingredients

- ☐ 4 large eggs
- ☐ 4 ounces endive white rinsed thinly sliced (see notes)
- ☐ 0.1 teaspoon fresh-grated nutmeg
- ☐ 2 cloves garlic minced pressed peeled
- ☐ 10 cup cubes french country-style (1 lb.; crusts removed)
- ☐ 1 pound sausage fresh italian hot (4 links)
- ☐ 2 tablespoons olive oil
- ☐ 10 oz onion peeled thinly sliced cut in half, and crosswise

- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 cup swiss cheese shredded
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

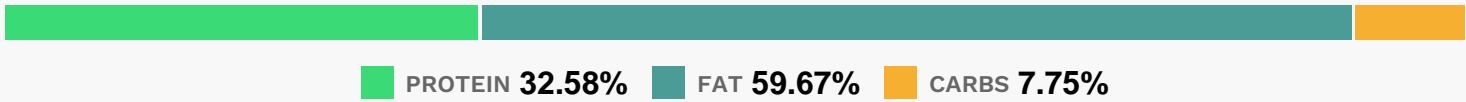
Directions

- ☐ Pour oil into a 10- to 12-inch frying pan over medium-high heat.
- ☐ Add onion and stir often until limp and slightly golden, about 5 minutes. Stir in garlic and crumble sausage into pan. Stir often until meat is no longer pink, 7 to 10 minutes, using a wooden spoon to break up the meat if necessary.
- ☐ Add escarole to sausage mixture in pan and reduce heat to low. Stir until escarole is wilted, 1 to 2 minutes.
- ☐ Remove pan from heat.
- ☐ In a large bowl, whisk the milk and eggs until combined. Stir in Gruyere, bread cubes, salt, pepper, and nutmeg.
- ☐ Add sausage mixture and stir to mix well. Scrape mixture into a buttered 9- by 13-inch baking dish and spread level (see notes).
- ☐ Bake in a 375 oven until top is golden and a knife inserted in the middle comes out mostly clean, 35 to 45 minutes. (If top is brown after 30 minutes, cover loosely with foil and continue to bake.)

☐

Serve hot.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:14.90391304182%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 523.22kcal (26.16%), Fat: 34.95g (53.76%), Saturated Fat: 11.28g (70.49%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.14g (3.32%), Sugar: 7.12g (7.91%), Cholesterol: 232.3mg (77.43%), Sodium: 2651.15mg (115.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.93g (85.87%), Selenium: 27.28µg (38.96%), Vitamin K: 35.55µg (33.86%), Phosphorus: 284.67mg (28.47%), Vitamin B1: 0.4mg (26.47%), Vitamin B12: 1.48µg (24.59%), Calcium: 236.81mg (23.68%), Vitamin B2: 0.36mg (20.93%), Zinc: 2.36mg (15.74%), Vitamin B6: 0.31mg (15.71%), Vitamin A: 654.19IU (13.08%), Iron: 2.27mg (12.63%), Vitamin B5: 1.13mg (11.34%), Folate: 44.42µg (11.1%), Potassium: 379.32mg (10.84%), Vitamin B3: 2.04mg (10.19%), Manganese: 0.17mg (8.52%), Vitamin D: 1.17µg (7.81%), Magnesium: 28.74mg (7.19%), Vitamin E: 0.95mg (6.32%), Vitamin C: 4.91mg (5.95%), Copper: 0.1mg (5.09%), Fiber: 1.08g (4.32%)