



## Savory Bread Puddings with Ham and Cheddar

READY IN



42 min.

SERVINGS



4

CALORIES



307 kcal

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 3 large egg whites
- 2 large egg yolks lightly beaten
- 0.8 cup milk fat-free
- 0.3 cup green onions divided chopped
- 4 teaspoons cup heavy whipping cream sour reduced-fat
- 0.3 cup lower-sodium chicken broth fat-free
- 3 ounces lower-sodium ham minced
- 8 ounces multigrain bread with seeds, cut into 3/4-inch cubes

3 ounces sharp cheddar cheese shredded divided

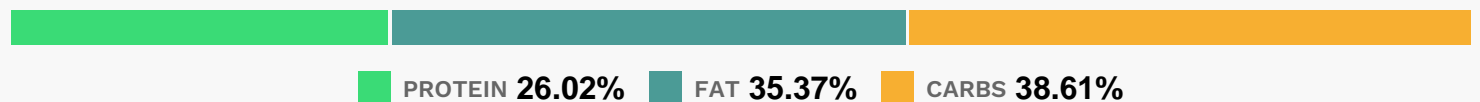
## Equipment

- bowl
- frying pan
- oven
- blender
- ramekin

## Directions

- Preheat oven to 375
- Place bread cubes on a jelly-roll pan; coat with cooking spray.
- Bake at 375 for 10 minutes or until lightly toasted, turning once.
- Remove from oven; cool.
- Combine bread, 1/2 cup cheese, 3 tablespoons onions, and next 5 ingredients (through egg yolks) in a large bowl.
- Place egg whites in a small bowl, and beat with a mixer at high speed until foamy (about 30 seconds). Gently fold egg whites into bread mixture.
- Spoon about 1 cup bread mixture into each of 4 (7-ounce) ramekins coated with cooking spray. Divide the remaining 1/4 cup cheese and remaining 1 tablespoon onions evenly among ramekins.
- Bake at 375 for 20 minutes or until lightly browned. Top each serving with 1 teaspoon sour cream.
- Wine Match by Scott Jones: These puddings need a fruity red to cut the richness and balance the sharp cheddar and salty ham--Colonia Las Liebres Bonarda 2009 (Argentine, \$12) is ideal.

## Nutrition Facts



## Properties

Glycemic Index:48.49, Glycemic Load:15.65, Inflammation Score:-6, Nutrition Score:17.843478565631%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 307.28kcal (15.36%), Fat: 12.07g (18.58%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 25.93g (9.43%), Sugar: 5.37g (5.97%), Cholesterol: 115.84mg (38.61%), Sodium: 1255.47mg (54.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Manganese: 1.33mg (66.48%), Selenium: 31.55µg (45.06%), Phosphorus: 344.14mg (34.41%), Calcium: 332.87mg (33.29%), Vitamin B2: 0.46mg (27.21%), Vitamin B1: 0.28mg (18.88%), Magnesium: 74.49mg (18.62%), Vitamin K: 18.05µg (17.19%), Zinc: 2.4mg (16.01%), Fiber: 3.73g (14.92%), Vitamin B3: 2.88mg (14.42%), Folate: 56.4µg (14.1%), Potassium: 415.85mg (11.88%), Iron: 2.13mg (11.81%), Vitamin B6: 0.23mg (11.68%), Vitamin B12: 0.7µg (11.61%), Vitamin B5: 1.02mg (10.16%), Vitamin A: 506.8IU (10.14%), Copper: 0.17mg (8.27%), Vitamin D: 1.1µg (7.33%), Vitamin E: 0.82mg (5.46%), Vitamin C: 1.21mg (1.47%)