



Savory Gorgonzola Bread Pudding

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



272 kcal

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 1 tablespoon gorgonzola cheese crumbled
- ☐ 0.3 cup heavy cream
- ☐ 4 cups bread italian cubed
- ☐ 0.5 onion diced
- ☐ 1 pinch salt

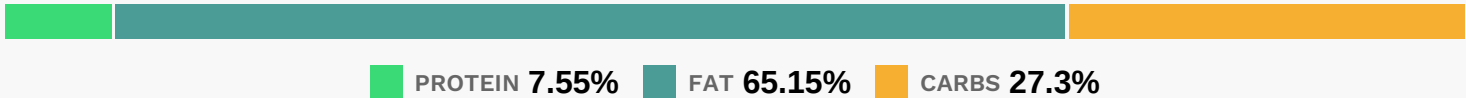
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Generously grease 4 ramekins with 1 tablespoon butter. Set aside.
- ☐ Place bread cubes in a single layer on a baking sheet and bake in the preheated oven until dry, about 20 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Melt 1 tablespoon butter in a skillet over medium heat. Stir in onion and salt; cook, stirring, until onions are light golden brown, 5 to 7 minutes.
- ☐ Stir chicken stock, cream, thyme, and black pepper into skillet; bring mixture to a boil and remove from heat.
- ☐ Stir bread cubes and chicken stock mixture in a large bowl until well combined. Stir in 1 ounce crumbled gorgonzola cheese. Divide mixture evenly between 4 prepared ramekins. Top each with a small crumble of gorgonzola.
- ☐ Bake in the preheated oven until golden brown, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:3.75086953329%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 272.12kcal (13.61%), Fat: 19.84g (30.53%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.4g (6.33%), Sugar: 10.64g (11.82%), Cholesterol: 28.76mg (9.59%), Sodium: 266.76mg (11.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin B3: 2.28mg (11.4%), Vitamin B2: 0.13mg (7.35%), Vitamin A: 359.21IU (7.18%), Folate: 25.45µg (6.36%), Phosphorus: 54.25mg (5.42%), Fiber: 1.31g (5.24%), Potassium: 172.14mg (4.92%), Iron: 0.87mg (4.81%), Vitamin B1: 0.07mg (4.74%), Calcium: 36.57mg (3.66%), Selenium: 2.38µg (3.4%), Vitamin B6: 0.07mg (3.31%), Magnesium: 11.42mg (2.86%), Vitamin C: 2.03mg (2.46%), Copper: 0.04mg (2.25%), Zinc: 0.31mg (2.04%), Manganese: 0.04mg (1.98%), Vitamin D: 0.26µg (1.7%), Vitamin E: 0.25mg (1.66%), Vitamin B5: 0.12mg (1.23%), Vitamin B12: 0.07µg (1.21%), Vitamin K: 1.14µg (1.09%)