



Savory Rosemary Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

Ingredients

- ☐ 4 cups bread cubed
- ☐ 6 eggs lightly beaten
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 1 cup heavy cream
- ☐ 1 cup milk 2%
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1 pinch salt and pepper to taste
- ☐ 1 cup cheese shredded crumbled

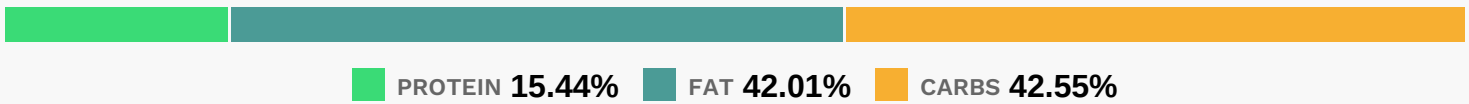
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat olive oil in a cast iron pan, and cook onion and rosemary in oil until onion is soft.
- ☐ Toss bread cubes with olive oil and onions. Exact measurement of bread is not necessary.
- ☐ Place in a well oiled, deep sided, 9 inch square pan. Toss with 1/2 cheese, and sprinkle remaining cheese over the top.
- ☐ Beat together milk, cream, and eggs.
- ☐ Pour over bread in pan. It is fine that the bread sticks out of the custard.
- ☐ Bake for 1 hour, or until browned and a knife inserted in the middle comes out clean (except for melted cheese).

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:30.56, Inflammation Score:-7, Nutrition Score:22.687825845635%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 566.31kcal (28.32%), Fat: 26.49g (40.76%), Saturated Fat: 11.41g (71.34%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 55.35g (20.13%), Sugar: 9.99g (11.1%), Cholesterol: 169.8mg (56.6%), Sodium:

721.66mg (31.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.81%), Manganese: 1.45mg (72.52%), Selenium: 48.28µg (68.97%), Vitamin B2: 0.6mg (35.5%), Vitamin B1: 0.53mg (35.17%), Vitamin B3: 6.72mg (33.59%), Phosphorus: 316.21mg (31.62%), Folate: 122.86µg (30.72%), Calcium: 296.87mg (29.69%), Iron: 5.02mg (27.86%), Fiber: 5.04g (20.14%), Vitamin B5: 1.7mg (16.97%), Magnesium: 62.42mg (15.6%), Zinc: 2.31mg (15.37%), Vitamin A: 757.52IU (15.15%), Vitamin B12: 0.82µg (13.61%), Vitamin B6: 0.23mg (11.62%), Copper: 0.21mg (10.61%), Vitamin E: 1.39mg (9.25%), Potassium: 315.99mg (9.03%), Vitamin K: 9.39µg (8.94%), Vitamin D: 1.19µg (7.95%), Vitamin C: 1.6mg (1.94%)