



Skillet Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



1145 kcal

DESSERT

Ingredients

- ☐ 1 cup musselman's® apple butter
- ☐ 8 cups bread cubed stale
- ☐ 8 servings mrs richardson's butterscotch caramel sauce for garnish
- ☐ 1 cup heavy whipping cream
- ☐ 2 eggs
- ☐ 8 servings whipped cream for garnish
- ☐ 1 cup walnuts chopped for garnish

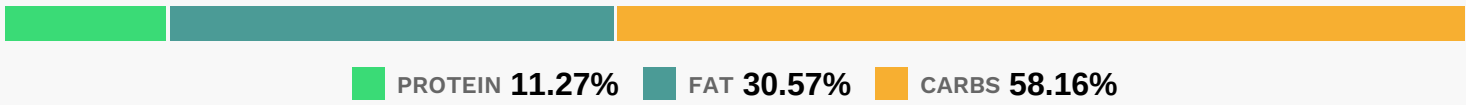
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat oven to 350 degrees F (or grill).
- ☐ Add bread, eggs, cream, and apple butter to a large bowl.
- ☐ Mix well.
- ☐ Spray a large cast iron skillet with non-stick cooking spray.
- ☐ Pour in bread pudding.
- ☐ Bake for 30-40 minutes, or until bread pudding is set.
- ☐ Garnish with whipped cream or ice cream, walnuts, and caramel sauce.

Nutrition Facts



Properties

Glycemic Index:17.46, Glycemic Load:69.8, Inflammation Score:-8, Nutrition Score:36.798261041227%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 1144.78kcal (57.24%), Fat: 39.4g (60.62%), Saturated Fat: 14.23g (88.95%), Carbohydrates: 168.66g (56.22%), Net Carbohydrates: 157.23g (57.17%), Sugar: 64.08g (71.2%), Cholesterol: 103.58mg (34.53%), Sodium: 1337.49mg (58.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Manganese: 3.46mg (172.96%), Selenium: 74.97µg (107.1%), Vitamin B1: 1.06mg (70.86%), Vitamin B3: 13.52mg (67.6%), Folate: 226.24µg (56.56%), Vitamin B2: 0.89mg (52.32%), Iron: 9.33mg (51.85%), Phosphorus: 482.56mg (48.26%), Fiber: 11.43g (45.74%), Calcium: 444.88mg (44.49%), Magnesium: 136.16mg (34.04%), Copper: 0.64mg (31.86%), Vitamin B5: 2.73mg (27.32%), Zinc: 3.6mg (24.02%), Vitamin B6: 0.41mg (20.75%), Potassium: 631.35mg (18.04%), Vitamin A: 826IU (16.52%), Vitamin K: 13.49µg (12.85%), Vitamin B12: 0.47µg (7.92%), Vitamin E: 1.18mg (7.84%), Vitamin D: 0.83µg (5.52%), Vitamin C: 1.65mg (2%)