



Smoked Mozzarella Bread Puddings

READY IN



45 min.

SERVINGS



6

CALORIES



598 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 cups buttermilk
- ☐ 5 egg yolks
- ☐ 1 medium leek cleaned sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mozzarella cheese smoked shredded
- ☐ 9 slices day-old sourdough bread
- ☐ 1 cup whipping cream

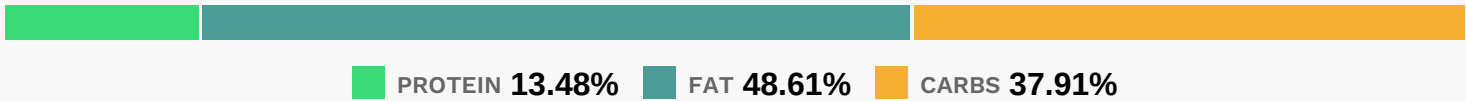
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Remove crust from bread; reserve crust for other uses.
- ☐ Cut bread slices in half and place in an 11" x 7" baking dish.
- ☐ Whisk buttermilk and egg yolks; set aside.
- ☐ Saute sliced leek in butter in a small skillet over medium heat until tender.
- ☐ Remove from heat; cool.
- ☐ Combine buttermilk mixture, leek, cream, mozzarella cheese, salt, and pepper.
- ☐ Pour over bread.
- ☐ Let stand 20 minutes.
- ☐ Layer spoonfuls of bread and leek mixture into six (6-ounce) greased ramekins.
- ☐ Place ramekins in a roasting pan, and add hot water to pan to depth of 1 1/2".
- ☐ Place roasting pan over 2 burners; cover completely with heavy-duty aluminum foil, and cook over medium heat 1 hour or until bread puddings are set.
- ☐ Remove ramekins from roasting pan. Broil just before serving to brown tops, if desired.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:40.03, Inflammation Score:-8, Nutrition Score:21.459130453027%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 597.77kcal (29.89%), Fat: 32.51g (50.02%), Saturated Fat: 15.87g (99.16%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 54.65g (19.87%), Sugar: 9.38g (10.42%), Cholesterol: 228.35mg (76.12%), Sodium: 1040.11mg (45.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Selenium: 42.63µg (60.9%), Vitamin B1: 0.76mg (50.63%), Vitamin B2: 0.73mg (42.8%), Folate: 155.47µg (38.87%), Phosphorus: 307.14mg (30.71%), Vitamin A: 1524.28IU (30.49%), Manganese: 0.6mg (30.11%), Calcium: 271.23mg (27.12%), Iron: 4.63mg (25.7%), Vitamin B3: 4.79mg (23.96%), Vitamin B12: 1.07µg (17.83%), Vitamin D: 2.3µg (15.34%), Zinc: 2.24mg (14.92%), Magnesium: 48.54mg (12.13%), Vitamin B6: 0.23mg (11.66%), Vitamin B5: 1.15mg (11.53%), Copper: 0.2mg (9.9%), Fiber: 2.4g (9.6%), Vitamin K: 9.77µg (9.3%), Vitamin E: 1.39mg (9.24%), Potassium: 292.5mg (8.36%), Vitamin C: 2.03mg (2.46%)