



WHATSheATE



Spiced Caramel-Apple Bread Pudding



Vegetarian



Gluten Free

READY IN



22 min.

SERVINGS



8

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 8 servings pecan-caramel sauce toasted
- ☐ 3 large eggs
- ☐ 1 apples i use 2 granny smith apples peeled chopped
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cups milk 2% reduced-fat

☐ 1 teaspoon vanilla extract

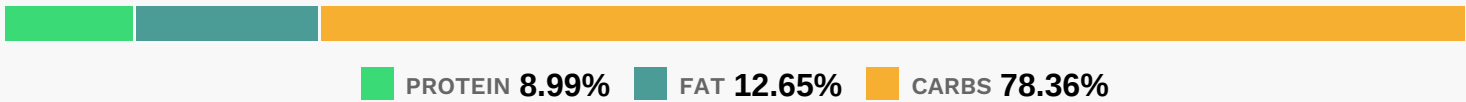
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Saut apple and 1/4 tsp. cinnamon in a lightly greased skillet over medium-high heat 2 minutes or until tender. Stir together bread and apple in an 11- x 7-inch baking dish coated with cooking spray.
- ☐ Whisk together eggs, milk, apple cider, brown sugar, vanilla, nutmeg, and remaining 1/4 tsp. cinnamon; pour over bread mixture in baking dish. Cover and chill 1 hour.
- ☐ Preheat oven to 35
- ☐ Bake bread mixture 45 to 50 minutes or until top is crisp and golden brown.
- ☐ Serve warm with Toasted Pecan-Caramel Sauce.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:4.2113043562226%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 188.94kcal (9.45%), Fat: 2.76g (4.25%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 37.79g (13.74%), Sugar: 37.06g (41.18%), Cholesterol: 73.29mg (24.43%), Sodium: 187.22mg (8.14%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.41g (8.83%), Selenium: 7.5µg (10.71%), Vitamin B2: 0.18mg (10.53%), Phosphorus: 98.52mg (9.85%), Calcium: 94.05mg (9.41%), Vitamin B12: 0.47µg (7.89%), Vitamin B5: 0.55mg (5.46%), Potassium: 179mg (5.11%), Manganese: 0.09mg (4.52%), Vitamin A: 195.4IU (3.91%), Vitamin B6: 0.07mg (3.33%), Zinc: 0.48mg (3.17%), Folate: 12.63µg (3.16%), Magnesium: 12.6mg (3.15%), Fiber: 0.68g (2.74%), Iron: 0.46mg (2.56%), Vitamin D: 0.38µg (2.5%), Vitamin B1: 0.04mg (2.34%), Vitamin C: 1.61mg (1.95%), Vitamin E: 0.28mg (1.85%), Copper: 0.03mg (1.52%)