



## Star Anise Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



202 kcal

DESSERT

### Ingredients

- ☐ 1 ounce cinnamon-raisin bread cut into 1-inch pieces
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2.3 cups whipped cream reduced-fat (such as Healthy Choice)
- ☐ 9 servings try build-a-meal
- ☐ 6 star anise
- ☐ 0.5 cup sugar

- ☐ 1 tablespoon sugar
- ☐ 2 cups milk whole

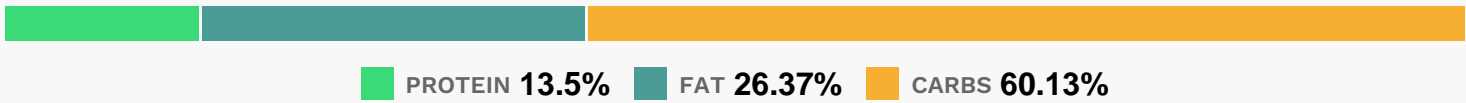
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan

## Directions

- ☐ Combine the milk and star anise in a small, heavy saucepan.
- ☐ Heat to 180 or until tiny bubbles form around edge of pan, stirring frequently (do not boil).
- ☐ Remove from heat; cover and steep 20 minutes. Strain milk mixture through a fine sieve into a large bowl; discard star anise.
- ☐ Add 1/2 cup sugar, ginger, cinnamon, and eggs; stir with a whisk. Gently stir in bread.
- ☐ Let stand 10 minutes, stirring occasionally.Preheat oven to 35
- ☐ Pour into an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle the mixture evenly with 1 tablespoon sugar.
- ☐ Bake at 350 for 35 minutes or until a knife inserted in center comes out clean.
- ☐ Serve each piece warm with 1/4 cup ice cream.

## Nutrition Facts



## Properties

Glycemic Index:32.8, Glycemic Load:14.73, Inflammation Score:-3, Nutrition Score:6.3469565018364%

Nutrients (% of daily need)

Calories: 202.01kcal (10.1%), Fat: 6g (9.22%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 30.16g (10.97%), Sugar: 25.38g (28.2%), Cholesterol: 99.43mg (33.14%), Sodium: 91.79mg (3.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.81%), Vitamin B2: 0.29mg (17.24%), Phosphorus: 150.63mg (15.06%), Calcium: 147.94mg (14.79%), Selenium: 9.86µg (14.09%), Vitamin B12: 0.67µg (11.15%), Vitamin A: 380.43IU (7.61%), Vitamin B5: 0.76mg (7.58%), Vitamin D: 1.08µg (7.19%), Potassium: 215.59mg (6.16%), Zinc: 0.9mg (6.02%), Manganese: 0.12mg (5.93%), Vitamin B1: 0.08mg (5.02%), Vitamin B6: 0.1mg (4.93%), Iron: 0.87mg (4.85%), Magnesium: 18.96mg (4.74%), Folate: 16.28µg (4.07%), Fiber: 0.6g (2.41%), Vitamin E: 0.33mg (2.2%), Copper: 0.04mg (2.17%), Vitamin B3: 0.31mg (1.55%)