



Toasted Bread-and-Butter Pudding

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



255 kcal

DESSERT

Ingredients

- 12 servings accompaniment:caramel and scotch sauce
- 4 large eggs
- 3 cups half-and-half
- 0.3 teaspoon salt
- 0.5 cup sugar
- 3.5 tablespoons butter unsalted softened well
- 1 teaspoon vanilla
- 6 inch sandwich bread white firm

Equipment

- baking sheet
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350°F.
- Butter both sides of bread slices and arrange in 1 layer on a large baking sheet.
- Bake in middle of oven, turning over once, until lightly toasted, 15 to 20 minutes.
- Transfer to a rack to cool.
- Whisk together half-and-half, eggs, sugar, vanilla, and salt until sugar is dissolved. Halve toasted bread slices diagonally and arrange triangles in rows, overlapping slightly, in a buttered 3-quart shallow baking dish.
- Pour custard evenly over toast and let stand 15 minutes.
- Bake pudding in a hot water bath until custard is set 2 to 3 inches from edges but still trembles in center, 50 to 60 minutes. (Custard will continue to set as it cools.)
- Serve warm.

Nutrition Facts



PROTEIN 7.02% **FAT 40.69%** **CARBS 52.29%**

Properties

Glycemic Index:12.07, Glycemic Load:6.26, Inflammation Score:-3, Nutrition Score:4.0926087236275%

Nutrients (% of daily need)

Calories: 255.24kcal (12.76%), Fat: 11.93g (18.35%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 34.46g (12.53%), Sugar: 33.79g (37.54%), Cholesterol: 91.95mg (30.65%), Sodium: 252.04mg (10.96%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Protein: 4.63g (9.26%), Vitamin B2: 0.2mg (11.76%), Selenium: 7.96µg (11.37%), Phosphorus: 108.51mg (10.85%), Calcium: 97.48mg (9.75%), Vitamin A: 442.23IU (8.84%), Vitamin B12: 0.34µg (5.7%), Vitamin B5: 0.5mg (5.05%), Potassium: 132.4mg (3.78%), Zinc: 0.47mg (3.11%), Folate:

11.98µg (3%), Vitamin B6: 0.06mg (3%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.39µg (2.63%), Magnesium: 10.52mg (2.63%), Vitamin B1: 0.03mg (2.1%), Iron: 0.37mg (2.06%), Manganese: 0.03mg (1.71%), Vitamin K: 1.12µg (1.07%), Copper: 0.02mg (1.03%)