



Tomato-Basil Bread Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 servings butter for greasing the baking dish
- ☐ 6 large eggs at room temperature
- ☐ 1 cup basil leaves fresh packed chopped
- ☐ 2 cloves garlic minced
- ☐ 12 ounces grape tomatoes halved
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil

- ☐ 6 ounces parmesan shredded
- ☐ 2 small shallots thinly sliced
- ☐ 1 cup milk whole

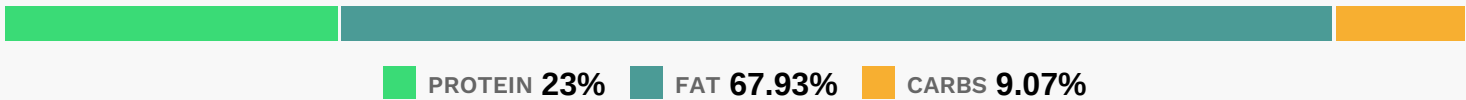
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Filling: Put an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Butter a 9 by 13 by 2-inch glass baking dish.
- ☐ Add the bread cubes and set aside.
- ☐ In a large skillet, heat the oil over medium-high heat.
- ☐ Add the shallots and garlic. Cook, stirring constantly until fragrant, about 1 minute.
- ☐ Add the tomatoes and season with salt and pepper, to taste. Cook until slightly soft, about 2 minutes.
- ☐ Remove the pan from the heat and stir in the basil.
- ☐ Pour the tomato mixture and Parmesan cheese over the bread cubes and combine well.
- ☐ Custard: In a large bowl, beat the eggs, milk, salt, and pepper together until smooth.
- ☐ Pour the custard over the bread mixture and gently toss to coat.
- ☐ Bake until slightly puffed and golden, about 25 to 30 minutes.
- ☐ Remove the pudding from the oven and let cool for 5 minutes.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:14.853478224381%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 324.05kcal (16.2%), Fat: 24.59g (37.84%), Saturated Fat: 10.53g (65.83%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.29g (2.29%), Sugar: 4.54g (5.05%), Cholesterol: 220.91mg (73.64%), Sodium: 964.7mg (41.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.74g (37.47%), Calcium: 434.01mg (43.4%), Phosphorus: 360.82mg (36.08%), Selenium: 22.82µg (32.6%), Vitamin A: 1367.42IU (27.35%), Vitamin K: 26.92µg (25.64%), Vitamin B2: 0.4mg (23.38%), Vitamin B12: 1.01µg (16.89%), Vitamin E: 2.08mg (13.85%), Zinc: 1.77mg (11.82%), Vitamin C: 9.47mg (11.47%), Vitamin B6: 0.23mg (11.46%), Vitamin B5: 1.14mg (11.45%), Vitamin D: 1.59µg (10.59%), Manganese: 0.21mg (10.4%), Folate: 39.77µg (9.94%), Potassium: 339mg (9.69%), Iron: 1.57mg (8.74%), Magnesium: 34.72mg (8.68%), Vitamin B1: 0.08mg (5.58%), Copper: 0.11mg (5.43%), Fiber: 1.1g (4.4%), Vitamin B3: 0.56mg (2.79%)