



## Tomato Bread Pudding

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



418 kcal

## Ingredients

- ☐ 8 large eggs
- ☐ 9 ounces coarsely fontina italian chilled grated
- ☐ 1 cup heavy cream
- ☐ 1.5 teaspoon herbs de provence
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 3 pounds plum tomatoes such as roma halved lengthwise
- ☐ 1 head garlic whole
- ☐ 2 cups milk whole

## Equipment

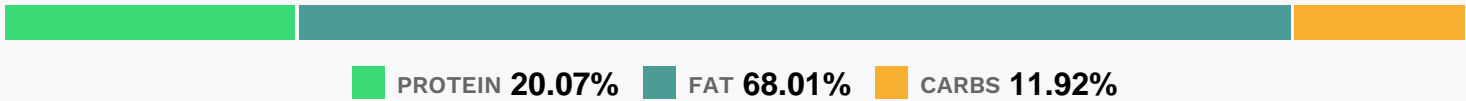
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Preheat oven to 400°F with rack in middle. Butter a 3-quart shallow baking dish (about 13 by 9 inches).
- ☐ Toss tomatoes in a bowl with herbes de Provence, 1 tablespoon oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Arrange tomatoes, cut sides up, in a large heavy 4-sided sheet pan.
- ☐ Cut off and discard 1/4 inch from top of garlic head to expose cloves, then put on a sheet of foil and drizzle with 1 teaspoon oil. Wrap garlic in foil and roast in pan with tomatoes until tomatoes are browned but still juicy and garlic is soft, 50 to 60 minutes. (Leave oven on.) Cool garlic to warm, then force through a medium-mesh sieve with a rubber spatula, discarding skins. Reserve purée
- ☐ While garlic cooks, toss bread cubes in a large bowl with remaining oil until coated, then spread out in a large 4-sided sheet pan and bake until golden brown, 20 to 25 minutes. Cool in pan.
- ☐ Reduce oven temperature to 350°F.
- ☐ Whisk together milk, cream, eggs, garlic purée, 2 teaspoons salt, and 1 1/2 teaspoon pepper. Stir in cheeses.
- ☐ Transfer bread to baking dish, then pour egg mixture over bread and add tomatoes, pushing some down between bread cubes.
- ☐ Bake until firm to the touch and golden brown in spots, 50 to 60 minutes.

Bread pudding is best the day it is made but can be made 1 day ahead and chilled (covered once cool). Reheat, covered with foil, in a 350°F oven.

## Nutrition Facts



### Properties

Glycemic Index:20, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:19.298695709394%

### Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

### Nutrients (% of daily need)

Calories: 418.03kcal (20.9%), Fat: 32.05g (49.31%), Saturated Fat: 17.12g (107%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 10.46g (3.8%), Sugar: 9.04g (10.05%), Cholesterol: 268.18mg (89.39%), Sodium: 466.74mg (20.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Vitamin A: 2570.49IU (51.41%), Calcium: 398.99mg (39.9%), Phosphorus: 378.15mg (37.81%), Selenium: 23.94µg (34.2%), Vitamin C: 24.67mg (29.9%), Vitamin B2: 0.49mg (28.9%), Vitamin B12: 1.43µg (23.88%), Vitamin K: 20.56µg (19.58%), Potassium: 633.64mg (18.1%), Zinc: 2.6mg (17.31%), Vitamin B6: 0.35mg (17.26%), Vitamin D: 2.37µg (15.8%), Vitamin E: 2.25mg (15.02%), Manganese: 0.29mg (14.48%), Vitamin B5: 1.41mg (14.07%), Folate: 53.17µg (13.29%), Magnesium: 42.62mg (10.65%), Iron: 1.79mg (9.97%), Vitamin B1: 0.14mg (9.34%), Fiber: 2.18g (8.74%), Copper: 0.16mg (8.11%), Vitamin B3: 1.23mg (6.15%)