



Torta de Pan Mojicón (Mojicón Bread Pudding Cake)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

DESSERT

Ingredients

- ☐ 5 eggs beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 5 oz guava paste sliced (4 bocadillos)
- ☐ 1 cup heavy cream
- ☐ 3 cups milk
- ☐ 0.8 cups sugar
- ☐ 1 tablespoon vanilla extract

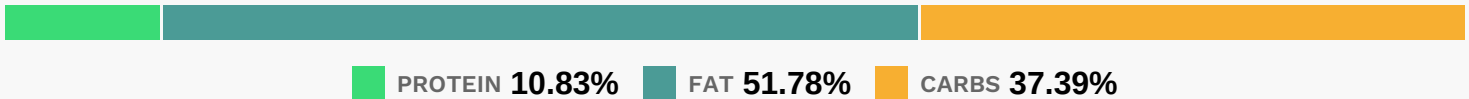
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Lightly butter a medium baking dish. Preheat the oven to 350 degrees F.In a bowl, whisk together the eggs, milk, heavy cream, sugar, cinnamon and vanilla extract and set aside.Slice the mojicones in half horizontally.
- ☐ Place the bottoms of the sliced mojicón in the baking pan, add the guava paste, then the tops of the mojicones(brown side up), being sure the pieces of guava paste are between the layers of the bread or it will burn while baking.our the custard mixture over the mojicones and allow to soak for 10 minutes, pressing down gently.
- ☐ Bake for 40 to 45 more minutes or until the pudding puffs up and the custard is set.
- ☐ Remove from the oven and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:31.48, Inflammation Score:-8, Nutrition Score:19.83173892809%

Nutrients (% of daily need)

Calories: 569.2kcal (28.46%), Fat: 33.03g (50.81%), Saturated Fat: 18.91g (118.17%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 51.62g (18.77%), Sugar: 51.75g (57.5%), Cholesterol: 293.8mg (97.93%), Sodium: 165.11mg (7.18%), Alcohol: 1.12g (100%), Alcohol %: 0.38% (100%), Protein: 15.54g (31.08%), Vitamin C: 81.16mg (98.38%), Vitamin B2: 0.64mg (37.66%), Phosphorus: 342.77mg (34.28%), Vitamin A: 1689.97IU (33.8%), Selenium: 22.59µg (32.27%), Calcium: 304.78mg (30.48%), Vitamin D: 4.07µg (27.1%), Vitamin B12: 1.57µg (26.22%), Vitamin B5: 1.84mg (18.39%), Potassium: 561.33mg (16.04%), Vitamin B6: 0.27mg (13.31%), Folate: 45.61µg (11.4%), Zinc: 1.7mg (11.31%), Vitamin B1: 0.16mg (10.7%), Magnesium: 41.06mg (10.27%), Vitamin E: 1.48mg (9.87%), Fiber: 2.05g (8.19%), Copper: 0.14mg (6.76%), Manganese: 0.13mg (6.46%), Iron: 1.16mg (6.43%), Vitamin K: 3.62µg (3.45%), Vitamin B3: 0.67mg (3.36%)