



Turkey-Mushroom Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups celery chopped
- ☐ 4 cups cremini mushrooms sliced
- ☐ 1 teaspoon mustard dry
- ☐ 5 large eggs
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 6 cups bread french italian cut into 1-inch cubes (8 ounces)
- ☐ 2 cups milk 1% low-fat

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt
- ☐ 8 ounces turkey breast shredded cooked

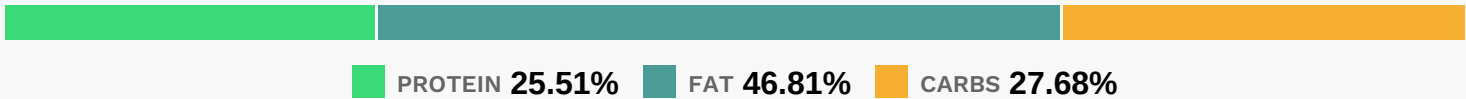
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add mushrooms, celery, onion, thyme, and garlic; cook 10 minutes or until tender, stirring occasionally. Stir in turkey, salt, and black pepper.
- ☐ Remove mixture from heat, and cool slightly.
- ☐ Combine milk, mustard, red pepper, and eggs in a large bowl, stirring with a whisk. Stir in mushroom mixture and bread; toss well. Spoon into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle with cheese.
- ☐ Bake at 350 for 1 hour or until golden brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:14.378260830174%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 275.53kcal (13.78%), Fat: 14.46g (22.24%), Saturated Fat: 6.76g (42.27%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.42g (6.33%), Sugar: 11.44g (12.71%), Cholesterol: 139.33mg (46.44%), Sodium: 558.71mg (24.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Selenium: 29.12µg (41.59%), Phosphorus: 305.87mg (30.59%), Vitamin B2: 0.51mg (29.91%), Vitamin B3: 5.37mg (26.84%), Vitamin B6: 0.41mg (20.71%), Calcium: 204.9mg (20.49%), Vitamin B5: 1.58mg (15.82%), Vitamin B12: 0.94µg (15.63%), Potassium: 523.85mg (14.97%), Folate: 54.05µg (13.51%), Copper: 0.24mg (12.22%), Zinc: 1.76mg (11.73%), Vitamin A: 491.99IU (9.84%), Vitamin B1: 0.14mg (9.4%), Vitamin D: 1.37µg (9.16%), Magnesium: 34.34mg (8.59%), Iron: 1.52mg (8.47%), Vitamin K: 8.64µg (8.23%), Manganese: 0.16mg (8.08%), Fiber: 1.82g (7.26%), Vitamin E: 0.63mg (4.17%), Vitamin C: 2.88mg (3.49%)