



Vermont Maple Bread Pudding

READY IN



95 min.

SERVINGS



12

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup cream cheese frosting (from 16-oz container)
- ☐ 12.4 oz crusty rolls frozen french
- ☐ 6 eggs
- ☐ 0.8 cup granulated sugar
- ☐ 2 cups half and half
- ☐ 0.5 cup maple syrup
- ☐ 1 cup milk

- ☐ 12 servings mint leaves fresh
- ☐ 12 servings powdered sugar
- ☐ 12 servings whipped cream
- ☐ 0.7 cup vanilla yogurt fat free 99% yoplait® (from 2-lb container)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with cooking spray.
- ☐ Let frozen rolls stand at room temperature 10 minutes.
- ☐ Cut each roll into 12 pieces; place in large bowl.
- ☐ In another large bowl, slightly beat eggs. Reserve 1 tablespoon of the syrup in small microwavable bowl; add remaining syrup to eggs. Stir in sugar, baking powder, half-and-half, milk and melted butter until well blended.
- ☐ Pour mixture over roll pieces in bowl; stir to coat well.
- ☐ Pour mixture into pan, pressing bread into liquid with back of spoon.
- ☐ Let stand 5 minutes; press down bread again.
- ☐ Bake 45 to 55 minutes or until top is golden brown and knife inserted in center comes out clean. Cool 20 minutes before serving.
- ☐ To reserved tablespoon syrup, stir in frosting and yogurt. Microwave on High about 20 seconds or until melted. Stir; pour over warm bread pudding and spread to cover.
- ☐ Cut into 12 servings.
- ☐ Serve warm with ice cream; garnish with mint and sprinkle with powdered sugar.

Nutrition Facts



 PROTEIN **7.63%**  FAT **37.3%**  CARBS **55.07%**

Properties

Glycemic Index:24.8, Glycemic Load:21.73, Inflammation Score:-5, Nutrition Score:12.117391384166%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 535.06kcal (26.75%), Fat: 22.38g (34.43%), Saturated Fat: 10.21g (63.82%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 72.86g (26.5%), Sugar: 56.03g (62.25%), Cholesterol: 128.12mg (42.71%), Sodium: 419.96mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.59%), Vitamin B2: 0.66mg (38.83%), Selenium: 18.65µg (26.65%), Calcium: 263.38mg (26.34%), Manganese: 0.5mg (25%), Phosphorus: 227.89mg (22.79%), Vitamin A: 789.88IU (15.8%), Vitamin B1: 0.23mg (15.23%), Folate: 50.64µg (12.66%), Vitamin B12: 0.72µg (11.94%), Vitamin B5: 1.13mg (11.28%), Potassium: 351.98mg (10.06%), Zinc: 1.47mg (9.78%), Iron: 1.42mg (7.9%), Magnesium: 30.57mg (7.64%), Vitamin B3: 1.48mg (7.39%), Vitamin B6: 0.12mg (6.05%), Fiber: 1.48g (5.92%), Vitamin D: 0.8µg (5.3%), Vitamin E: 0.78mg (5.18%), Copper: 0.08mg (4.19%), Vitamin C: 1.2mg (1.45%), Vitamin K: 1.39µg (1.32%)