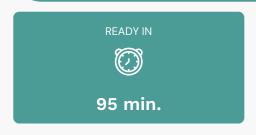


Vermont Maple Bread Pudding







DESSERT

Ingredients

1 cup milk

1.5 teaspoons double-acting baking powder
O.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

	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		
Directions		
Ш	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.	
\Box	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

Properties

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

Flavonoids

Eriodictyol: O.31mg, Eriodictyol: O.31mg, Eriodictyol: O.31mg, Eriodictyol: O.31mg Hesperetin: O.1mg, Hesperetin: O.1mg, Hesperetin: O.1mg, Apigenin: O.05mg, Apigenin: O.05mg, Apigenin: O.05mg, Apigenin: O.05mg, Luteolin: O.13mg, Luteolin: O.13mg, Luteolin: O.13mg, Luteolin: O.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 %: O% (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 B1: 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%)