



Wild Mushroom and Butternut Squash Bread Pudding

READY IN



105 min.

SERVINGS



8

CALORIES



483 kcal

Ingredients

- ☐ 3 cups butternut squash cubed cut into 3/4-in. chunks
- ☐ 4 large eggs
- ☐ 1 tablespoon flour
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1 cup gruyère cheese shredded
- ☐ 3 cups half-and-half
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 3 leeks light white green rinsed thinly sliced well

- ☐ 0.8 pound mushrooms wild mixed sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 1 teaspoon pepper divided
- ☐ 6 cups rustic bread white cubed lightly toasted cut into 1-in. cubes,
- ☐ 4 tbsp butter unsalted divided

Equipment

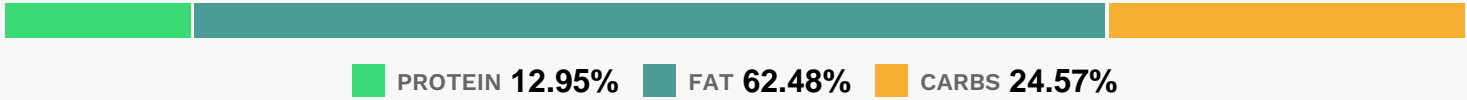
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heap squash on a rimmed baking sheet, drizzle with oil and 1/2 tsp. each salt and pepper, and toss to coat.
- ☐ Bake, stirring occasionally, until tender and golden brown, about 35 minutes.
- ☐ Transfer to a bowl.
- ☐ Melt 2 tbsp. butter in a large frying pan over medium heat.
- ☐ Add leeks with 1/4 tsp. salt; cook until softened.
- ☐ Add garlic, cook 2 minutes, and add mixture to squash.
- ☐ Melt remaining 2 tbsp. butter in same pan over medium heat.
- ☐ Add mushrooms and 1/4 tsp. each salt and pepper. Increase heat to medium-high and cook, stirring, until mushrooms have released their liquid and are beginning to brown, about 6 minutes.

- ☐ Remove from heat and stir in thyme.
- ☐ Add mushrooms to squash-leek mixture. Stir in bread; scoop into a buttered 9- by 13-in. baking dish.
- ☐ Whisk together half-and-half, eggs, remaining 1/2 tsp. salt and 1/4 tsp. pepper, the flour, and parmesan in a medium bowl.
- ☐ Pour custard over bread mixture and let stand 10 minutes. Top with gruyre, then bake, uncovered, until cheese is melted and beginning to brown and custard is just set (poke with a knife to check), 30 to 35 minutes.
- ☐ Make ahead: Through step 4, 1 day ahead, covered and chilled; or finish bread pudding 1 day ahead, chill, and reheat at 375 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:21.15000021976%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 483.07kcal (24.15%), Fat: 34.27g (52.72%), Saturated Fat: 18.75g (117.18%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 26.63g (9.69%), Sugar: 13.9g (15.44%), Cholesterol: 160.3mg (53.43%), Sodium: 786.36mg (34.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.97%), Vitamin A: 6994.63IU (139.89%), Calcium: 368.64mg (36.86%), Phosphorus: 346.81mg (34.68%), Vitamin B2: 0.49mg (28.87%), Selenium: 17.2µg (24.58%), Manganese: 0.44mg (22.15%), Vitamin C: 17.48mg (21.19%), Vitamin B6: 0.4mg (20.05%), Vitamin K: 19.99µg (19.04%), Folate: 73.02µg (18.26%), Vitamin B3: 3.58mg (17.92%), Potassium: 604.72mg (17.28%), Vitamin B5: 1.67mg (16.7%), Magnesium: 61.03mg (15.26%), Fiber: 3.68g (14.7%), Iron: 2.47mg (13.71%), Zinc: 2.05mg (13.64%), Vitamin E: 2.03mg (13.51%), Vitamin B12: 0.71µg (11.81%), Vitamin B1: 0.17mg (11.1%), Copper: 0.18mg (9.2%), Vitamin D: 0.89µg (5.94%)