



Wild-Mushroom Bread Pudding

READY IN



300 min.

SERVINGS



8

CALORIES



287 kcal

Ingredients

- ☐ 4 cups unseasoned bread cubes fresh () (preferably brioche or challah; 5 ounces)
- ☐ 1.5 pounds mushrooms such as chanterelle wild mixed fresh trimmed
- ☐ 4 large eggs
- ☐ 0.5 cup flat-leaf parsley finely chopped
- ☐ 2 large garlic cloves finely chopped
- ☐ 2 cups half-and-half
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 0.5 cup shallots finely chopped
- ☐ 2 tablespoons butter unsalted

Equipment

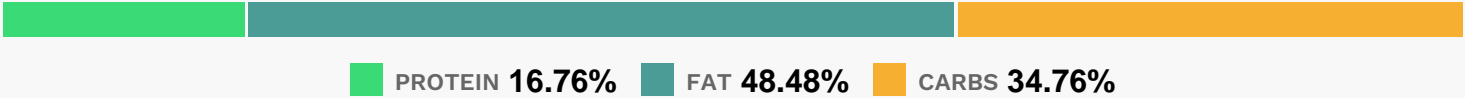
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Bake bread cubes in 1 layer in a large shallow baking pan until golden-brown, about 10 minutes.
- ☐ Tear or cut mushrooms lengthwise into 1/4-inch-thick pieces.
- ☐ Cook shallot in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until beginning to soften, about 3 minutes.
- ☐ Add mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook until liquid mushrooms give off has evaporated, about 15 minutes.
- ☐ Add parsley and garlic and cook, stirring, 2 minutes.
- ☐ Remove from heat.
- ☐ Whisk together half-and-half, eggs, cheese, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Stir in mushrooms and bread cubes until coated well and let stand 10 minutes for bread to absorb some of egg mixture.
- ☐ Meanwhile, butter ramekins, then put a round of parchment in bottom of each and butter parchment.
- ☐ Spoon mixture into ramekins and bake on a baking sheet until firm to the touch, 30 to 35 minutes. Unmold puddings and discard parchment.
- ☐ · Mushroom bread pudding can be baked in a buttered 2-quart shallow baking dish (not lined with parchment; do not unmold pudding from baking dish).· Bread cubes can be baked 1 day ahead and cooled, then kept in an airtight container at room temperature.· Pudding can be

assembled (but not baked) 2 hours ahead and chilled, covered. If making the fillet of beef, bake puddings while beef stands (meat can stand a little longer).

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:7.91, Inflammation Score:-6, Nutrition Score:19.800869278286%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 286.75kcal (14.34%), Fat: 15.56g (23.93%), Saturated Fat: 8.06g (50.39%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 20.12g (7.32%), Sugar: 6.44g (7.15%), Cholesterol: 125.95mg (41.98%), Sodium: 317.01mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin K: 64.22µg (61.16%), Vitamin D: 5.09µg (33.94%), Manganese: 0.65mg (32.39%), Selenium: 21.27µg (30.39%), Vitamin B2: 0.51mg (30.26%), Iron: 4.9mg (27.23%), Vitamin B3: 5.23mg (26.13%), Phosphorus: 247.98mg (24.8%), Calcium: 213.34mg (21.33%), Fiber: 4.96g (19.86%), Copper: 0.39mg (19.43%), Potassium: 663.95mg (18.97%), Vitamin B5: 1.8mg (17.96%), Vitamin A: 802.57IU (16.05%), Folate: 50.36µg (12.59%), Zinc: 1.74mg (11.58%), Vitamin B1: 0.17mg (11.48%), Vitamin B6: 0.21mg (10.54%), Magnesium: 39.57mg (9.89%), Vitamin C: 7mg (8.49%), Vitamin B12: 0.42µg (6.97%), Vitamin E: 0.6mg (3.98%)