



Apple-Raisin Bread Pudding with Cream Soda Sauce

READY IN



190 min.

SERVINGS



8

CALORIES



623 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds
- ☐ 1 cup peach pie filling
- ☐ 0.3 cup brown sugar
- ☐ 2 packets maple brown sugar oatmeal instant
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup creme de cassis
- ☐ 3 large eggs beaten
- ☐ 3 cups milk

- ☐ 3.5 cups raisin bread cubed
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon rum extract
- ☐ 1 teaspoon rum extract
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 package whipped topping mix

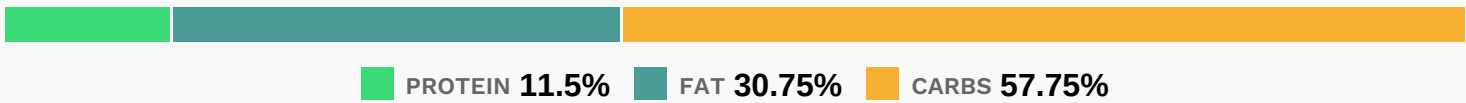
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ In a blender, grind instant oatmeal into a fine powder. Set aside.
- ☐ In a large mixing bowl, whisk together eggs, milk, rum extract, salt, and brown sugar. Fold in raisin bread, raisins, pie filling, almonds and oatmeal powder until bread cubes are moist. Set aside for 1 hour.
- ☐ Spray slow cooker with cooking spray and add the bread mixture. Cook on high setting for 2 hours or until a knife inserted in center comes out clean.
- ☐ To make the sauce, combine all ingredients in a bowl.
- ☐ Whisk together until thickened. Top bread pudding with a dollop of sauce.

Nutrition Facts



Properties

Glycemic Index:33.22, Glycemic Load:41, Inflammation Score:-7, Nutrition Score:22.376521644385%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 623.39kcal (31.17%), Fat: 21.98g (33.82%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 92.88g (30.96%), Net Carbohydrates: 85.19g (30.98%), Sugar: 30.52g (33.91%), Cholesterol: 81.29mg (27.1%), Sodium: 679.26mg (29.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.98%), Vitamin B2: 0.87mg (51.37%), Manganese: 1mg (49.84%), Selenium: 29.84µg (42.62%), Phosphorus: 359.65mg (35.97%), Vitamin E: 5.27mg (35.1%), Folate: 127.67µg (31.92%), Vitamin B1: 0.47mg (31.16%), Fiber: 7.69g (30.75%), Calcium: 271.18mg (27.12%), Iron: 4.42mg (24.56%), Magnesium: 94.91mg (23.73%), Copper: 0.45mg (22.75%), Vitamin B3: 4.5mg (22.48%), Potassium: 656.47mg (18.76%), Zinc: 2mg (13.33%), Vitamin B12: 0.72µg (11.96%), Vitamin B5: 1.14mg (11.39%), Vitamin B6: 0.21mg (10.72%), Vitamin D: 1.38µg (9.21%), Vitamin A: 278.03IU (5.56%), Vitamin K: 3.18µg (3.03%), Vitamin C: 1.1mg (1.33%)