



## Apple Raisin Graham Pudding

READY IN



55 min.

SERVINGS



55

CALORIES



28 kcal

DESSERT

### Ingredients

- 1 large baking apple chopped
- 3 eggs
- 8 cinnamon graham crackers
- 2 cups milk
- 0.3 cup raisins
- 0.5 tsp rum extract
- 0.3 cup sugar
- 0.8 cup cool whip whipped topping thawed

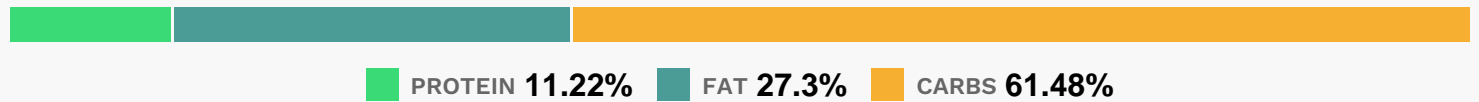
## Equipment

- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Preheat oven to 375F.
- Mix graham pieces, apples and raisins in greased 1-1/2-qt. baking dish; set aside.
- Beat eggs, milk, sugar and extract with wire whisk until well blended; pour over graham mixture. Cover with foil.
- Bake 40 to 45 min.or until center is set, removing foil after 30 min. Cool slightly.
- Serve warm or cold topped with the whipped topping. Store leftover dessert in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.96, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:0.7969565294359%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 27.89kcal (1.39%), Fat: 0.86g (1.33%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.47g (2.75%), Cholesterol: 10.01mg (3.34%), Sodium: 21.23mg (0.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Phosphorus: 19.69mg (1.97%), Vitamin B2: 0.03mg (1.87%), Calcium: 15.09mg (1.51%), Selenium: 0.94µg (1.34%), Vitamin B12: 0.07µg (1.19%)