



Berry Bread Pudding

 Vegetarian  Gluten Free

READY IN



235 min.

SERVINGS



6

CALORIES



322 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 3 large eggs
- 12 oz evaporated milk fat-free canned
- 1.3 cups milk 2% reduced-fat
- 6 tablespoons raspberry jam seedless
- 6 servings raspberry sauce
- 0.3 cup sugar

Equipment

- oven
- whisk
- baking pan

Directions

- Place bread in 6 (8-oz.) oval-shaped cast-iron baking dishes coated with cooking spray.
- Whisk together eggs and next 4 ingredients; pour over bread in baking dishes (about 2/3 cup egg mixture each). Dot top of each with 1 Tbsp. preserves. Cover and chill 2 to 3 hours.
- Preheat oven to 35
- Remove baking dishes from refrigerator, and let stand 15 minutes.
- Bake 38 to 40 minutes or until tops are crisp and golden brown.
- Let stand 10 minutes.
- Serve with Raspberry Sauce.
- Note: For a one-dish dessert, place bread in a lightly greased 11- x 7-inch baking dish. Proceed with recipe as directed in Step 2, dotting top of bread mixture with all 6 Tbsp. raspberry preserves.
- Bake at 350 for 45 to 50 minutes or until top is crisp and golden brown.
- Let stand 10 minutes.
- Serve with sauce. Makes 6 servings. Hands-on Time: 15 min.; Total Time: 3 hr., 25 min.
- Try These Twists!
- Whey Low sweeteners offer a great-tasting reduced-sugar option. Find them at Whole Foods Market, or order online at wheylow.com.
- Reduced-Sugar Bread Pudding and Reduced-Sugar Raspberry Sauce: Prepare Berry Bread Pudding and Raspberry Sauce as directed, substituting Whey Low Granular for sugar in each.
- Per serving (including 1 Tbsp. sauce): Calories 267; Fat 6g (sat 6g, mono 6g, poly 9g); Protein 6g; Carb 6g; Fiber 2g; Chol 96mg; Iron 8mg; Sodium 346mg; Calc 270mg

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:13.28, Inflammation Score:-3, Nutrition Score:7.766956453738%

Nutrients (% of daily need)

Calories: 322.04kcal (16.1%), Fat: 7.72g (11.87%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 55.06g (20.02%), Sugar: 36.74g (40.83%), Cholesterol: 113.38mg (37.79%), Sodium: 133.2mg (5.79%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 8.78g (17.57%), Vitamin B2: 0.41mg (24.15%), Calcium: 227.38mg (22.74%), Phosphorus: 215.55mg (21.56%), Selenium: 10.96µg (15.66%), Vitamin C: 8.14mg (9.87%), Vitamin B12: 0.57µg (9.56%), Vitamin B5: 0.94mg (9.42%), Potassium: 310.57mg (8.87%), Zinc: 1.03mg (6.87%), Vitamin A: 327.5IU (6.55%), Magnesium: 24.38mg (6.09%), Folate: 23.22µg (5.81%), Vitamin B6: 0.1mg (4.91%), Manganese: 0.09mg (4.49%), Iron: 0.76mg (4.24%), Vitamin B1: 0.06mg (4.22%), Vitamin D: 0.56µg (3.71%), Copper: 0.06mg (3.15%), Vitamin E: 0.43mg (2.87%), Fiber: 0.49g (1.94%), Vitamin B3: 0.24mg (1.22%)