



Bobby's Lighter Fresh Fruit Bread Pudding



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



51 kcal

DESSERT

Ingredients

- ☐ 1 cup banana pieces (from 2 bananas)
- ☐ 1 eggs beaten
- ☐ 1 egg white beaten
- ☐ 1 slices fruit fresh for garnish
- ☐ 1 cup golden raisins
- ☐ 1 teaspoons ground cinnamon
- ☐ 1 teaspoon kosher salt
- ☐ 1.8 cup skim milk

- ☐ 1 cup strawberries fresh hulled
- ☐ 0.5 cup sugar
- ☐ 18 donuts whole wheat such as donut pub donuts
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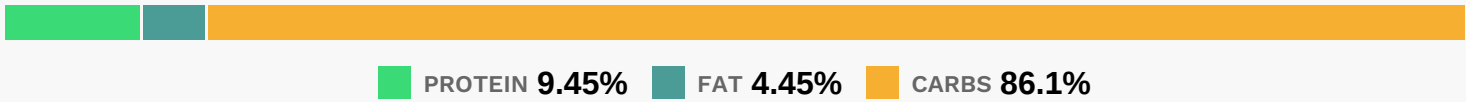
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly spray a casserole dish with nonstick cooking spray.
- ☐ In a large bowl, add the bananas, strawberries, milk and sugar, and gently mash. Allow the mixture to macerate and come to room temperature.
- ☐ Add the raisins, cinnamon, salt, egg and egg white, and mix together.
- ☐ Cube or tear the donuts and place in the prepared casserole dish. Cover with the liquid mixture.
- ☐ Bake until the center has jelled, about 1 hour.
- ☐ Garnish with fresh fruit slices.

Nutrition Facts



Properties

Glycemic Index:10.82, Glycemic Load:6.61, Inflammation Score:-1, Nutrition Score:1.8991304312063%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg,

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 51.35kcal (2.57%), Fat: 0.27g (0.42%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.24g (4.09%), Sugar: 9.71g (10.79%), Cholesterol: 7.36mg (2.45%), Sodium: 109.8mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin C: 4.27mg (5.17%), Manganese: 0.07mg (3.74%), Phosphorus: 32.75mg (3.28%), Vitamin B2: 0.06mg (3.27%), Potassium: 111.53mg (3.19%), Calcium: 30.11mg (3.01%), Vitamin B6: 0.06mg (2.95%), Fiber: 0.57g (2.28%), Vitamin B12: 0.12µg (2.02%), Selenium: 1.33µg (1.9%), Magnesium: 7.14mg (1.78%), Copper: 0.03mg (1.62%), Vitamin D: 0.23µg (1.55%), Vitamin B5: 0.13mg (1.31%), Iron: 0.19mg (1.07%), Folate: 4.15µg (1.04%), Vitamin A: 51.44IU (1.03%)