



Bread and Butter Pudding

READY IN



75 min.

SERVINGS



8

CALORIES



338 kcal

DESSERT

Ingredients

- 8 slices bread french
- 2 tablespoons butter softened
- 0.5 teaspoon ground cinnamon
- 3 eggs
- 0.7 cup granulated sugar
- 1 teaspoon vanilla
- 0.1 teaspoon salt
- 2.5 cups milk cooled
- 1 serving powdered sugar

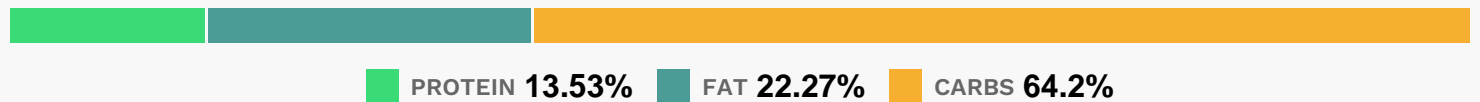
Equipment

- bowl
- frying pan
- oven
- knife
- aluminum foil

Directions

- Heat oven to 350°F. Butter 1 1/2-quart casserole.
- Spread one side of each slice bread with butter.
- Layer bread slices, buttered sides up, in casserole; sprinkle with cinnamon. Beat eggs slightly in medium bowl; mix in granulated sugar, vanilla and salt. Stir in milk; pour over bread.
- Place casserole in pan of very hot water (1 inch deep). Cover casserole loosely with aluminum foil.
- Bake 20 minutes; remove foil. Continue baking 35 to 40 minutes longer or until knife inserted 1 inch from edge of casserole comes out clean. (Cover with foil if top gets too brown.)
- Remove casserole from hot water.
- Sprinkle with powdered sugar.
- Serve warm. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:38.6, Inflammation Score:-5, Nutrition Score:11.974782674614%

Nutrients (% of daily need)

Calories: 338.4kcal (16.92%), Fat: 8.43g (12.97%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 53.21g (19.35%), Sugar: 24.36g (27.07%), Cholesterol: 70.53mg (23.51%), Sodium: 507.27mg (22.06%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 11.53g (23.06%), Selenium: 24.93µg (35.61%),

Vitamin B1: 0.5mg (33.61%), Vitamin B2: 0.46mg (27.01%), Folate: 86.52µg (21.63%), Manganese: 0.37mg (18.34%), Phosphorus: 177.8mg (17.78%), Vitamin B3: 3.18mg (15.91%), Iron: 2.81mg (15.62%), Calcium: 138.86mg (13.89%), Vitamin B12: 0.56µg (9.37%), Zinc: 1.2mg (7.97%), Magnesium: 31.85mg (7.96%), Vitamin D: 1.17µg (7.79%), Vitamin B5: 0.75mg (7.55%), Vitamin B6: 0.14mg (7.18%), Vitamin A: 338.19IU (6.76%), Potassium: 215.13mg (6.15%), Fiber: 1.47g (5.9%), Copper: 0.11mg (5.6%), Vitamin E: 0.46mg (3.05%)