

Bread Pudding I

READY IN



50 min.

SERVINGS



2

CALORIES



1363 kcal

DESSERT

Ingredients

- ☐ 6 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 cup butter melted
- ☐ 3 cups milk hot
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 10 slices bread white cut into cubes

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0.8 cup sugar white

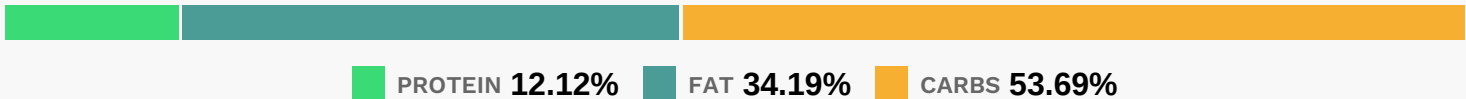
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 375 degrees F(190 degrees C)
- ☐ In a large bowl, combine bread cubes, melted margarine, raisins, and cinnamon; mix well, and transfer to a 2 quart baking dish.
- ☐ Use the same bowl to beat the eggs. Stir in sugar, vanilla, and salt until sugar is dissolved. Slowly whisk in the hot milk.
- ☐ Pour egg mixture over bread cubes, sprinkle with nutmeg, and set aside to soak for 5 minutes.
- ☐ Bake in preheated oven for 25 to 30 minutes, or until a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:158.33, Glycemic Load:118.08, Inflammation Score:-9, Nutrition Score:42.108261222425%

Nutrients (% of daily need)

Calories: 1362.54kcal (68.13%), Fat: 52.23g (80.35%), Saturated Fat: 16.9g (105.64%), Carbohydrates: 184.5g (61.5%), Net Carbohydrates: 178.53g (64.92%), Sugar: 100.29g (111.43%), Cholesterol: 534.96mg (178.32%), Sodium: 1783.16mg (77.53%), Alcohol: 1.38g (100%), Alcohol %: 0.23% (100%), Protein: 41.66g (83.33%), Selenium: 77.19µg (110.27%), Vitamin B2: 1.5mg (88.44%), Calcium: 819mg (81.9%), Phosphorus: 807.93mg (80.79%), Vitamin B1: 0.94mg (62.49%), Manganese: 1.09mg (54.56%), Vitamin B12: 3.18µg (52.99%), Folate: 202.6µg (50.65%), Vitamin A: 2325.4IU (46.51%), Vitamin D: 6.67µg (44.44%), Iron: 7.59mg (42.19%), Vitamin B5: 4.1mg (41.04%), Vitamin B3:

6.88mg (34.4%), Potassium: 1201.99mg (34.34%), Vitamin B6: 0.64mg (31.84%), Zinc: 4.41mg (29.41%), Magnesium: 107.25mg (26.81%), Fiber: 5.97g (23.9%), Copper: 0.38mg (19.01%), Vitamin E: 2.75mg (18.31%), Vitamin C: 2.07mg (2.51%), Vitamin K: 2.06µg (1.96%)