

Bread Pudding II

READY IN



45 min.

SERVINGS



10

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 3 eggs beaten
- ☐ 1 cup golden raisins
- ☐ 3 tablespoons butter
- ☐ 1 quart milk hot
- ☐ 2 tablespoons vanilla extract
- ☐ 1 pound bread white
- ☐ 2 cups sugar white

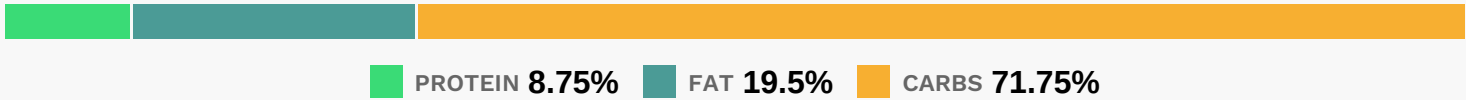
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large mixing bowl, pour hot milk over bread. Blend eggs, sugar, and vanilla. Stir egg mixture into the bread mixture and blend well.
- ☐ Add raisins.
- ☐ Mix well.
- ☐ Melt the margarine and pour into a 9x13-inch pan.
- ☐ Pour bread mixture over margarine.
- ☐ Bake for 40 minutes, or until firm and golden brown.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:51.72, Inflammation Score:-4, Nutrition Score:10.594782515712%

Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 433.6kcal (21.68%), Fat: 9.49g (14.6%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 78.57g (26.19%), Net Carbohydrates: 76.95g (27.98%), Sugar: 55.85g (62.06%), Cholesterol: 60.46mg (20.15%), Sodium: 313.05mg (13.61%), Alcohol: 0.89g (100%), Alcohol %: 0.53% (100%), Protein: 9.58g (19.15%), Selenium: 16.72µg (23.88%), Calcium: 229.13mg (22.91%), Vitamin B2: 0.34mg (19.95%), Vitamin B1: 0.29mg (19.34%), Phosphorus: 190.77mg (19.08%), Manganese: 0.33mg (16.41%), Folate: 57.03µg (14.26%), Vitamin B3: 2.45mg (12.23%), Iron: 2.04mg (11.32%), Vitamin B12: 0.63µg (10.55%), Potassium: 327.82mg (9.37%), Vitamin D: 1.3µg (8.7%), Vitamin B6: 0.17mg (8.49%), Vitamin B5: 0.82mg (8.23%), Magnesium: 30.7mg (7.68%), Vitamin A: 375.28IU (7.51%), Zinc: 1.01mg (6.74%), Fiber: 1.62g (6.49%), Copper: 0.12mg (6.2%), Vitamin E: 0.43mg (2.89%)