



Bread Pudding in the Slow Cooker

 Vegetarian

READY IN



190 min.

SERVINGS



6

CALORIES



1056 kcal

DESSERT

Ingredients

- ☐ 8 cups bread cubed
- ☐ 0.3 cup butter melted
- ☐ 4 eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups milk
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

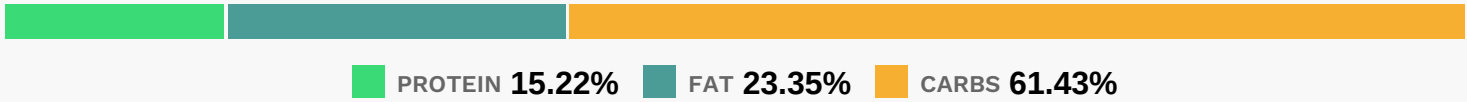
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place bread and raisins in a slow cooker.
- ☐ Whisk milk, eggs, butter, sugar, vanilla extract, and nutmeg together in a bowl; pour over bread and raisins. Toss to evenly coat.
- ☐ Cook on Low until a knife inserted near the center comes out clean, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:47.79, Glycemic Load:87.78, Inflammation Score:-8, Nutrition Score:41.352173722309%

Nutrients (% of daily need)

Calories: 1056.38kcal (52.82%), Fat: 27.41g (42.17%), Saturated Fat: 9.51g (59.46%), Carbohydrates: 162.24g (54.08%), Net Carbohydrates: 149.6g (54.4%), Sugar: 30.48g (33.87%), Cholesterol: 139.22mg (46.41%), Sodium: 1625.59mg (70.68%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 40.2g (80.4%), Manganese: 3.78mg (188.76%), Selenium: 101.55µg (145.07%), Vitamin B1: 1.35mg (90.31%), Vitamin B3: 17.75mg (88.74%), Folate: 282.27µg (70.57%), Iron: 11.88mg (65.99%), Vitamin B2: 1.05mg (61.55%), Phosphorus: 549.63mg (54.96%), Calcium: 513.32mg (51.33%), Fiber: 12.64g (50.54%), Magnesium: 143mg (35.75%), Vitamin B5: 3.35mg (33.5%), Zinc: 4mg (26.69%), Copper: 0.49mg (24.52%), Vitamin B6: 0.45mg (22.51%), Potassium: 610.49mg (17.44%), Vitamin K: 16.45µg (15.67%), Vitamin B12: 0.72µg (11.94%), Vitamin A: 532.92IU (10.66%), Vitamin D: 1.48µg (9.88%), Vitamin E: 1.17mg (7.78%)