



## Bread Pudding with Bourbon Sauce (lighter )

READY IN



70 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

### Ingredients

- 2 cups skim milk fat-free (skim)
- 2 tablespoons butter
- 0.5 cup sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 eggs
- 2 egg whites
- 6 cups unseasoned bread cubes dry (8 slices)
- 0.5 cup raisins

- 1 cup mrs richardson's butterscotch caramel sauce fat-free
- 1 tablespoon bourbon

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- glass baking pan

## Directions

- Heat oven to 350°F. In 2-quart saucepan, heat milk and margarine over medium heat until margarine is melted and milk is hot.
- In large bowl, mix sugar, cinnamon, salt, egg and egg whites with wire whisk until well blended. Stir in bread cubes and raisins. Stir in milk mixture.
- Pour into ungreased 1 1/2-quart casserole or 8-inch square (2-quart) glass baking dish.
- Place casserole in 13x9-inch pan; pour boiling water into pan until 1 inch deep.
- Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge of casserole comes out clean.
- In small bowl, mix caramel sauce and bourbon until smooth.
- Serve sauce over warm bread pudding. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:30.1, Glycemic Load:24.26, Inflammation Score:-4, Nutrition Score:9.5656521372173%

## Nutrients (% of daily need)

Calories: 313.75kcal (15.69%), Fat: 5.4g (8.3%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 58.94g (19.65%), Net Carbohydrates: 56.51g (20.55%), Sugar: 34.16g (37.95%), Cholesterol: 22.3mg (7.43%), Sodium: 448.75mg (19.51%), Alcohol: 0.63g (100%), Alcohol %: 0.46% (100%), Protein: 8.72g (17.43%), Manganese: 0.59mg (29.39%), Selenium: 17.01µg (24.31%), Calcium: 157.06mg (15.71%), Vitamin B2: 0.26mg (15.56%), Phosphorus: 150.59mg (15.06%), Vitamin B1: 0.22mg (14.67%), Vitamin B3: 2.54mg (12.69%), Iron: 1.88mg (10.43%), Folate: 40.7µg (10.17%), Fiber: 2.43g (9.72%), Potassium: 277.58mg (7.93%), Vitamin B12: 0.47µg (7.75%), Magnesium: 30.44mg (7.61%), Vitamin B5: 0.71mg (7.14%), Vitamin A: 306.85IU (6.14%), Vitamin B6: 0.11mg (5.48%), Zinc: 0.81mg (5.39%), Vitamin D: 0.78µg (5.22%), Copper: 0.1mg (4.93%), Vitamin K: 2.15µg (2.05%), Vitamin E: 0.27mg (1.77%)