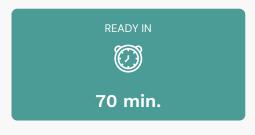


Bread Pudding with Bourbon Sauce (lighter)







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	
_		
Eq	juipment	
	bowl	
	frying pan	
	sauce pan	
	oven	
	knife	
	whisk	
	glass baking pan	
Di	rections	
	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 11/2-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	
	PROTEIN 10.92% FAT 15.22% CARBS 73.86%	
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%)