



## Bread Pudding with Colby Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



252 kcal

DESSERT

### Ingredients

- ☐ 14 ounces dense bread white cubed toasted
- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 cup heavy cream
- ☐ 1 cup raisins
- ☐ 1.3 cups water hot
- ☐ 7 ounces cheddar cheese shredded white

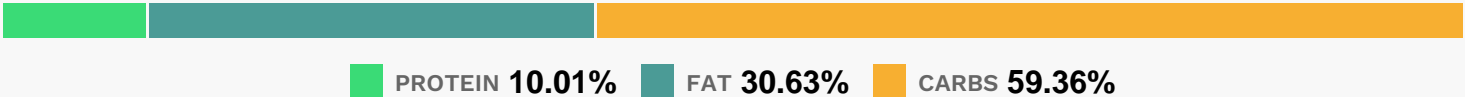
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350
- ☐ Combine water and raisins; let stand 10 minutes or until raisins plump.
- ☐ Drain raisins over a bowl, reserving soaking liquid.
- ☐ Combine soaking liquid, brown sugar, and cinnamon in a large saucepan; bring to a boil. Reduce heat; simmer 15 minutes. Stir in butter.
- ☐ Arrange half of bread in bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with half of cheese and half of raisins. Repeat layers, ending with raisins.
- ☐ Pour the sugar liquid over bread. Cover with foil coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until set.
- ☐ Place cream in a medium bowl, and beat with a mixer at high speed until stiff peaks form.
- ☐ Sprinkle the bread pudding with powdered sugar, if desired, and serve with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:14.4, Inflammation Score:-3, Nutrition Score:6.2191304305325%

## Nutrients (% of daily need)

Calories: 251.71kcal (12.59%), Fat: 8.75g (13.47%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.7g (13.35%), Sugar: 16.97g (18.86%), Cholesterol: 22.73mg (7.58%), Sodium: 244.27mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Calcium: 182.74mg (18.27%), Selenium: 11.03µg (15.75%), Manganese: 0.24mg (12.22%), Phosphorus: 109.02mg (10.9%), Vitamin B1: 0.16mg (10.71%), Vitamin B2: 0.16mg (9.44%), Folate: 35.18µg (8.8%), Iron: 1.38mg (7.66%), Vitamin B3: 1.5mg (7.48%), Fiber: 1.47g (5.88%), Zinc: 0.81mg (5.42%), Vitamin A: 251.24IU (5.02%), Potassium: 156.98mg (4.49%), Magnesium: 16.76mg (4.19%), Copper: 0.08mg (4.16%), Vitamin B6: 0.06mg (3.21%), Vitamin B12: 0.16µg (2.68%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.25mg (1.66%), Vitamin D: 0.18µg (1.17%)