



Bread Pudding With Rum-Raisin Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 10 ounce bread baguette french cut into slices
- ☐ 12 servings rum-raisin caramel sauce
- ☐ 2 large eggs lightly beaten
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 3 tablespoons butter light melted
- ☐ 1.8 cups milk 1% low-fat
- ☐ 0.5 cup raisins

- ☐ 1 cup sugar
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Prepare Rum–Raisin Caramel Sauce; set aside.
- ☐ Preheat oven to 350
- ☐ Brush butter on one side of French bread slices; place bread, buttered side up, on a baking sheet.
- ☐ Bake at 350 for 10 minutes until lightly toasted.
- ☐ Cut into 1/2–inch cubes; set aside.
- ☐ Combine 1% milk and next 4 ingredients in a large bowl; stir well with a whisk.
- ☐ Add bread and raisins to mixture, pressing gently to moisten; let stand 15 minutes. Spoon bread mixture into a 13 x 9–inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 35 minutes or until set.
- ☐ Serve warm with Rum–Raisin Caramel Sauce.

Nutrition Facts



Properties

Glycemic Index:17.45, Glycemic Load:23.63, Inflammation Score:-3, Nutrition Score:7.2156521574311%

Nutrients (% of daily need)

Calories: 318.28kcal (15.91%), Fat: 5.85g (9%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 60.3g (21.93%), Sugar: 45.25g (50.27%), Cholesterol: 44.65mg (14.88%), Sodium: 337.14mg (14.66%), Alcohol: 0.37g (100%), Alcohol %: 0.29% (100%), Protein: 7.45g (14.9%), Vitamin B2: 0.29mg (17.32%), Selenium: 11.38µg (16.26%), Calcium: 157.57mg (15.76%), Phosphorus: 155.69mg (15.57%), Vitamin B1: 0.21mg (14.08%), Folate: 36.95µg (9.24%), Manganese: 0.17mg (8.41%), Potassium: 260.43mg (7.44%), Iron: 1.33mg (7.38%), Vitamin B12: 0.41µg (6.77%), Vitamin B3: 1.31mg (6.56%), Magnesium: 23.61mg (5.9%), Vitamin B5: 0.58mg (5.78%), Vitamin A: 275.64IU (5.51%), Zinc: 0.74mg (4.95%), Vitamin B6: 0.09mg (4.31%), Vitamin D: 0.61µg (4.06%), Fiber: 0.93g (3.72%), Copper: 0.07mg (3.35%), Vitamin E: 0.26mg (1.76%), Vitamin C: 1.06mg (1.29%)