



Bread Pudding with Vanilla Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



877 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 large eggs lightly beaten
- ☐ 4 cups bread french cubed
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 tablespoons brown sugar light
- ☐ 0.8 cup raisins
- ☐ 1.5 cups sugar
- ☐ 8 servings vanilla

☐ 2.8 cups whipping cream

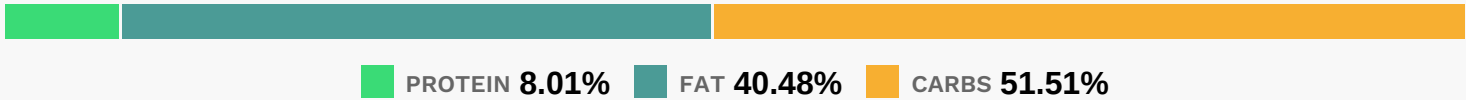
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine first 4 ingredients; stir in butter and whipping cream. Gently stir in bread and raisins.
- ☐ Pour into a lightly greased 2-quart souffl or deep baking dish.
- ☐ Bake at 375 for 50 to 55 minutes, shielding with aluminum foil after 30 minutes to prevent excessive browning.
- ☐ Let pudding stand 10 minutes before serving warm with Vanilla Sauce.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:79.26, Inflammation Score:-8, Nutrition Score:20.656521994135%

Nutrients (% of daily need)

Calories: 877.15kcal (43.86%), Fat: 40.17g (61.8%), Saturated Fat: 23.73g (148.33%), Carbohydrates: 115.01g (38.34%), Net Carbohydrates: 111.45g (40.53%), Sugar: 48.42g (53.81%), Cholesterol: 177.45mg (59.15%), Sodium: 811.59mg (35.29%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 17.88g (35.75%), Selenium: 42.46µg (60.65%), Vitamin B1: 0.88mg (58.66%), Vitamin B2: 0.78mg (45.88%), Folate: 158.33µg (39.58%), Manganese: 0.67mg (33.58%), Iron: 5.43mg (30.19%), Vitamin B3: 5.93mg (29.66%), Vitamin A: 1481.29IU (29.63%), Phosphorus: 221.13mg (22.11%), Fiber: 3.55g (14.21%), Calcium: 134.72mg (13.47%), Magnesium: 50.67mg (12.67%), Copper: 0.25mg (12.47%), Zinc: 1.71mg (11.39%), Vitamin D: 1.68µg (11.23%), Vitamin B6: 0.21mg (10.73%), Potassium: 362.51mg (10.36%), Vitamin B5: 0.91mg (9.09%), Vitamin E: 1.36mg (9.08%), Vitamin B12: 0.31µg (5.16%), Vitamin K: 4µg (3.81%), Vitamin C: 1.23mg (1.49%)