



Bread Pudding With Whiskey Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 3 large eggs lightly beaten
- ☐ 1 ounce bread french cut into 3/4-inch cubes
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons stick margarine melted
- ☐ 0.3 cup sugar
- ☐ 0.5 cup condensed milk fat-free sweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 12 servings whiskey sauce

☐ 3 cups milk whole

Equipment

☐ bowl

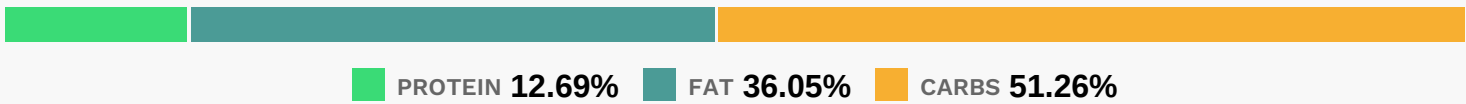
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 8 ingredients in a large bowl; stir well.
- ☐ Add bread cubes; toss gently.
- ☐ Let stand 30 minutes.
- ☐ Spoon mixture into a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until pudding is set.
- ☐ Serve warm with
- ☐ Whiskey Sauce.

Nutrition Facts



Properties

Glycemic Index:27.37, Glycemic Load:11.72, Inflammation Score:-2, Nutrition Score:4.9630434992521%

Nutrients (% of daily need)

Calories: 159.5kcal (7.98%), Fat: 6.34g (9.75%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 19.73g (7.18%), Sugar: 14.33g (15.92%), Cholesterol: 58.15mg (19.39%), Sodium: 96.43mg (4.19%), Alcohol: 0.73g (100%), Alcohol %: 0.9% (100%), Protein: 5.02g (10.04%), Vitamin B2: 0.22mg (12.84%), Phosphorus: 126.4mg (12.64%), Calcium: 123.73mg (12.37%), Selenium: 7.63µg (10.89%), Vitamin B12: 0.5µg (8.32%), Vitamin D: 0.95µg (6.31%), Potassium: 212.11mg (6.06%), Vitamin A: 289.01IU (5.78%), Vitamin B5: 0.53mg (5.28%), Vitamin B1: 0.07mg (4.98%), Vitamin B6: 0.08mg (3.98%), Zinc: 0.57mg (3.81%), Magnesium: 15.01mg (3.75%), Manganese: 0.07mg (3.35%), Iron: 0.51mg (2.83%), Folate: 10.4µg (2.6%), Fiber: 0.55g (2.21%), Vitamin E: 0.27mg (1.78%), Copper: 0.04mg (1.76%), Vitamin B3: 0.29mg (1.45%)