



## Butterscotch Bread Pudding

READY IN



70 min.

SERVINGS



15

CALORIES



319 kcal

DESSERT

### Ingredients

- 10.8 ounce bread
- 2 cups brown sugar
- 0.5 cup butter melted
- 1 cup butterscotch chips
- 3 eggs beaten
- 4 cups milk
- 2 teaspoons vanilla extract

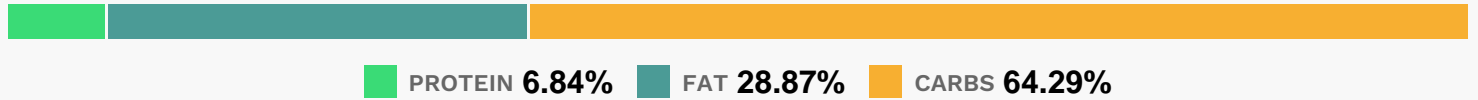
### Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish.
- In a large bowl, combine bread, milk, sugar, butter, eggs, vanilla and butterscotch chips; mixture should be the consistency of oatmeal.
- Pour into prepared pan.
- Bake in preheated oven 1 hour, until nearly set. (It should have a "thigh wiggle" or wiggle as much as a well endowed thigh.)
- Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:9.78, Glycemic Load:6.34, Inflammation Score:-3, Nutrition Score:6.3086956397671%

## Nutrients (% of daily need)

Calories: 318.86kcal (15.94%), Fat: 10.35g (15.92%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 51.03g (18.56%), Sugar: 41.98g (46.64%), Cholesterol: 57.83mg (19.28%), Sodium: 234.55mg (10.2%), Alcohol: 0.18g (100%), Alcohol %: 0.16% (100%), Protein: 5.52g (11.04%), Selenium: 10.28µg (14.69%), Calcium: 137.03mg (13.7%), Manganese: 0.27mg (13.37%), Phosphorus: 112.49mg (11.25%), Vitamin B2: 0.19mg (10.95%), Vitamin B1: 0.13mg (8.35%), Vitamin B12: 0.44µg (7.38%), Vitamin A: 353.76IU (7.08%), Vitamin B3: 1.25mg (6.24%), Iron: 1.1mg (6.09%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.59mg (5.92%), Folate: 21.93µg (5.48%), Potassium: 180.35mg (5.15%), Magnesium: 20.05mg (5.01%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.62mg (4.12%), Fiber: 0.81g (3.25%), Copper: 0.05mg (2.57%), Vitamin E: 0.35mg (2.33%), Vitamin K: 1.78µg (1.7%)