

Caramel Bread Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



279 kcal

DESSERT

Ingredients

- 6 slices bread cut into 1/2-inch cubes
- 1 cup brown sugar packed
- 4 eggs lightly beaten
- 0.5 teaspoon ground cinnamon
- 2 cups milk
- 0.1 teaspoon salt
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

1 cup water hot

Equipment

oven

knife

baking pan

Directions

Place bread in a greased 2-qt. baking dish.

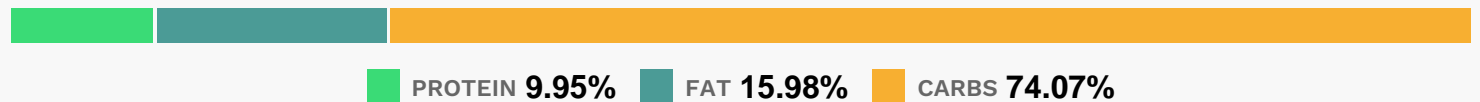
Combine water and brown sugar; pour over bread.

Combine remaining ingredients; pour over bread.

Bake at 350° for 50–60 minutes or until a knife inserted near the center comes out clean.

Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:15.17, Inflammation Score:-2, Nutrition Score:7.2391304268461%

Nutrients (% of daily need)

Calories: 279.25kcal (13.96%), Fat: 5.04g (7.75%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 51.64g (18.78%), Sugar: 43.4g (48.23%), Cholesterol: 89.16mg (29.72%), Sodium: 199.42mg (8.67%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 7.06g (14.12%), Selenium: 14.37µg (20.53%), Manganese: 0.3mg (14.98%), Vitamin B2: 0.24mg (14.14%), Calcium: 138.74mg (13.87%), Phosphorus: 133.46mg (13.35%), Vitamin B12: 0.53µg (8.75%), Vitamin B1: 0.13mg (8.62%), Vitamin B5: 0.77mg (7.74%), Iron: 1.35mg (7.52%), Vitamin D: 1.11µg (7.41%), Folate: 28.47µg (7.12%), Vitamin B3: 1.29mg (6.44%), Vitamin B6: 0.11mg (5.47%), Potassium: 189.21mg (5.41%), Magnesium: 21.45mg (5.36%), Zinc: 0.77mg (5.12%), Vitamin A: 218.41IU (4.37%), Fiber: 0.91g (3.63%), Copper: 0.07mg (3.33%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.32µg (1.25%)