



Cherry Bread Pudding

READY IN



25 min.

SERVINGS



6

CALORIES



445 kcal

DESSERT

Ingredients

- ☐ 8 oz bread loaf french cut into 1-inch pieces
- ☐ 1 tablespoon butter melted
- ☐ 6 servings cherry sauce
- ☐ 0.8 cup egg substitute
- ☐ 12 oz evaporated milk fat-free canned
- ☐ 2 cups milk fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup no-calorie sweetener

- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

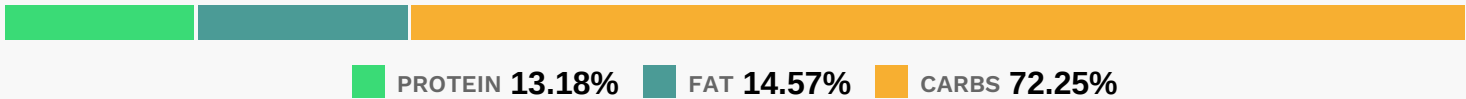
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place bread pieces in 6 (8-oz.) ramekins coated with cooking spray.
- ☐ Place ramekins on a baking sheet.
- ☐ Whisk together milk and next 8 ingredients until blended.
- ☐ Pour milk mixture over bread in ramekins; let stand 30 minutes, pressing bread to absorb mixture after 15 minutes.
- ☐ Bake at 350 for 30 to 35 minutes or just until a knife inserted in center comes out clean.
- ☐ Let stand 10 minutes. Spoon Cherry Sauce over bread pudding.
- ☐ Note: For testing purposes only, we used Splenda No Calorie Sweetener, Granular. Instead of ramekins, place bread pieces in a 11- x 7-inch baking dish coated with cooking spray, and proceed with recipe as directed. (No need to place on baking sheet.)
- ☐ Bake at 350 for 30 to 35 minutes or just until a knife inserted in center comes out clean.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:63.47, Glycemic Load:37.97, Inflammation Score:-7, Nutrition Score:16.127391369446%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 445.31kcal (22.27%), Fat: 7.5g (11.54%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 83.67g (27.89%), Net Carbohydrates: 79.79g (29.01%), Sugar: 58.59g (65.1%), Cholesterol: 23.91mg (7.97%), Sodium: 396.01mg (17.22%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 15.26g (30.52%), Selenium: 26.22µg (37.45%), Vitamin B2: 0.61mg (36.04%), Calcium: 318.08mg (31.81%), Phosphorus: 294.06mg (29.41%), Vitamin B1: 0.42mg (27.67%), Potassium: 730.83mg (20.88%), Manganese: 0.34mg (16.86%), Folate: 63.21µg (15.8%), Vitamin B5: 1.56mg (15.6%), Fiber: 3.88g (15.51%), Iron: 2.71mg (15.03%), Magnesium: 55.78mg (13.95%), Vitamin C: 11.04mg (13.38%), Vitamin B3: 2.29mg (11.47%), Vitamin B6: 0.23mg (11.27%), Vitamin B12: 0.67µg (11.17%), Zinc: 1.6mg (10.65%), Vitamin A: 518.1IU (10.36%), Vitamin D: 1.43µg (9.57%), Copper: 0.16mg (8.06%), Vitamin E: 0.8mg (5.35%), Vitamin K: 3.82µg (3.64%)