



Chocolate-Raisin Bread Pudding

READY IN



60 min.

SERVINGS



8

CALORIES



650 kcal

DESSERT

Ingredients

- ☐ 1 cup chocolate-covered peanuts dark (such as Raisinets)
- ☐ 5 cups raisin bread cubed () (such as Pepperidge Farm)
- ☐ 4 large eggs
- ☐ 2 cups milk 1% low-fat
- ☐ 1 cup sugar

Equipment

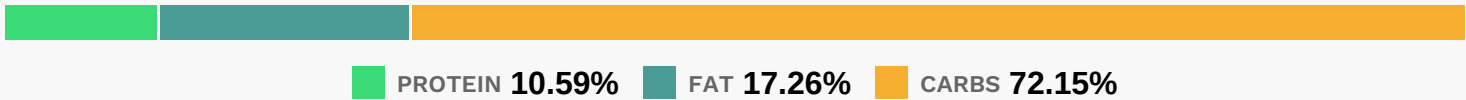
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine eggs and sugar in a large bowl, stirring with a whisk. Stir in milk.
- ☐ Add bread, stirring to saturate. Stir in raisins. Spoon mixture into an 8-inch square baking pan coated with cooking spray.
- ☐ Let stand, uncovered, 10 minutes.
- ☐ Bake at 350 for 55 minutes or until set.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:67.85, Inflammation Score:-6, Nutrition Score:20.849999893619%

Nutrients (% of daily need)

Calories: 650.28kcal (32.51%), Fat: 12.85g (19.78%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 120.87g (40.29%), Net Carbohydrates: 113.81g (41.39%), Sugar: 50.36g (55.96%), Cholesterol: 96.63mg (32.21%), Sodium: 579.96mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.5%), Selenium: 39.22µg (56.03%), Vitamin B2: 0.83mg (48.61%), Folate: 171.47µg (42.87%), Manganese: 0.83mg (41.56%), Vitamin B1: 0.56mg (37.59%), Phosphorus: 303.62mg (30.36%), Iron: 5.12mg (28.46%), Fiber: 7.06g (28.22%), Vitamin B3: 5.3mg (26.5%), Calcium: 205.53mg (20.55%), Copper: 0.4mg (19.85%), Potassium: 580.12mg (16.57%), Magnesium: 58.65mg (14.66%), Zinc: 1.92mg (12.83%), Vitamin B5: 1.23mg (12.28%), Vitamin B12: 0.67µg (11.09%), Vitamin B6: 0.2mg (9.83%), Vitamin D: 1.15µg (7.66%), Vitamin A: 271.11IU (5.42%), Vitamin E: 0.75mg (5.02%), Vitamin K: 3.53µg (3.36%)