



Cinnamon Bread Pudding

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



599 kcal

DESSERT

Ingredients

- 1 large eggs
- 1 large egg white
- 0.5 teaspoon ground cinnamon
- 1 cup milk 1% low-fat
- 3 cups multigrain bread cubed ()
- 1.5 teaspoons powdered sugar
- 0.1 teaspoon salt
- 0.5 cup sugar

0.5 teaspoon vanilla extract

Equipment

bowl

baking sheet

oven

ramekin

Directions

Preheat oven to 37

Combine sugar and cinnamon in a medium bowl; stir well.

Add egg, egg white, vanilla, and salt; stir well. Gradually stir in milk.

Add the bread cubes; stir well and let stand 5 minutes.

Transfer mixture to 4 (8-ounce) custard cups or small ramekins coated with cooking spray.

Place cups on a baking sheet; bake for 35 minutes or until puffed.

Transfer cups to small dessert plates; let stand at least 10 minutes (puddings will settle upon cooling). Dust puddings with powdered sugar; serve.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:63.34, Inflammation Score:-7, Nutrition Score:27.829565318139%

Nutrients (% of daily need)

Calories: 599.46kcal (29.97%), Fat: 8.15g (12.53%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 105.6g (35.2%), Net Carbohydrates: 94.82g (34.48%), Sugar: 36.61g (40.68%), Cholesterol: 49.45mg (16.48%), Sodium: 925.95mg (40.26%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 26.3g (52.61%), Manganese: 3.84mg (192.03%), Selenium: 52.67µg (75.24%), Vitamin B1: 0.73mg (48.86%), Phosphorus: 463.12mg (46.31%), Fiber: 10.78g (43.12%), Vitamin B3: 7.95mg (39.75%), Calcium: 374.01mg (37.4%), Magnesium: 146.33mg (36.58%), Vitamin B2: 0.48mg (28%), Iron: 4.8mg (26.68%), Zinc: 3.55mg (23.66%), Vitamin B6: 0.44mg (22.04%), Copper: 0.42mg (20.78%), Folate: 81.93µg (20.48%), Vitamin B5: 1.64mg (16.39%), Potassium: 570.46mg (16.3%), Vitamin K: 14.01µg (13.35%),

Vitamin B12: 0.48µg (7.98%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.9µg (5.99%), Vitamin A: 189.2IU (3.78%)