



Cinnamon Bread Puddings with Caramel Syrup



Vegetarian

READY IN



45 min.

SERVINGS



11

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 0.7 cup caramel sundae syrup fat-free
- ☐ 1 pound cinnamon-swirl bread cut into 1-inch cubes
- ☐ 3 large eggs lightly beaten
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Combine first 3 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add bread, tossing gently to coat. Cover and chill 30 minutes or up to 4 hours.
- ☐ Preheat oven to 35
- ☐ Divide bread mixture evenly among 11 muffin cups coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until a knife inserted in center comes out clean.
- ☐ Serve warm with syrup.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:20.4, Inflammation Score:-2, Nutrition Score:6.4295652929855%

Nutrients (% of daily need)

Calories: 211.37kcal (10.57%), Fat: 3.71g (5.7%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 38.13g (13.86%), Sugar: 20.72g (23.02%), Cholesterol: 53.02mg (17.67%), Sodium: 222.69mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Selenium: 13.38µg (19.12%), Vitamin B2: 0.28mg (16.53%), Folate: 51.82µg (12.96%), Manganese: 0.22mg (11.08%), Vitamin B1: 0.16mg (10.43%), Phosphorus: 103.61mg (10.36%), Iron: 1.44mg (8.03%), Calcium: 75.98mg (7.6%), Vitamin B3: 1.47mg (7.33%), Fiber: 1.77g (7.09%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.49mg (4.92%), Copper: 0.09mg (4.69%), Potassium: 161.69mg (4.62%), Zinc: 0.61mg (4.07%), Magnesium: 16.19mg (4.05%), Vitamin B6: 0.06mg (3.13%), Vitamin A: 115.14IU (2.3%), Vitamin E: 0.27mg (1.83%), Vitamin D: 0.27µg (1.82%)