



WHATSheATE



Cinnamon-Raisin Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 pound cinnamon-raisin bread loaf cut into 1-inch cubes
- ☐ 3 large eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup milk
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 1 cup whipping cream

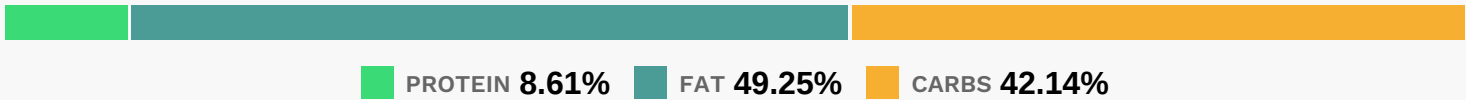
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Whisk together first 4 ingredients in a large bowl; stir in milk, cream, vanilla, and butter.
- ☐ Add bread cubes and pecans, stirring gently just until bread is moistened. Cover and chill 1 hour.
- ☐ Pour bread mixture into a lightly greased 2 1/2-quart souffl dish; cover with aluminum foil.
- ☐ Pour 1 cup water into a 6-quart round slow cooker; place a wire rack to fit cooker on bottom. Set souffl dish on rack.
- ☐ Cover and cook on HIGH 3 hours or until a sharp knife comes out clean. Cool slightly before serving.
- ☐ Serve warm with whipped cream, if desired.
- ☐ Test Kitchen Secret: To quickly make 1-inch bread cubes, stack bread slices and cut vertically into thirds; then cut crosswise into thirds.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:28.64, Inflammation Score:-6, Nutrition Score:11.646086937707%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 424.37kcal (21.22%), Fat: 23.78g (36.59%), Saturated Fat: 9.63g (60.2%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 42.54g (15.47%), Sugar: 18.46g (20.51%), Cholesterol: 107.03mg (35.68%), Sodium: 276.2mg (12.01%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 9.36g (18.71%), Manganese: 0.64mg (32.23%), Selenium: 18.91µg (27.02%), Vitamin B2: 0.42mg (24.85%), Folate: 71.7µg (17.92%), Vitamin B1: 0.27mg (17.89%), Phosphorus: 166.99mg (16.7%), Vitamin A: 717.8IU (14.36%), Fiber: 3.24g (12.95%), Iron: 2.2mg (12.24%), Calcium: 113.69mg (11.37%), Copper: 0.21mg (10.69%), Vitamin B3: 2.12mg (10.59%), Vitamin D: 1.19µg (7.91%), Magnesium: 31.41mg (7.85%), Zinc: 1.16mg (7.75%), Vitamin B5: 0.76mg (7.59%), Potassium: 260.28mg (7.44%), Vitamin B12: 0.38µg (6.38%), Vitamin B6: 0.12mg (5.76%), Vitamin E: 0.85mg (5.7%), Vitamin K: 2.38µg (2.27%)