



Cinnamon Raisin Bread Pudding with Vanilla Yogurt Sauce

READY IN



85 min.

SERVINGS



10

CALORIES



209 kcal

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 2 teaspoons cornstarch
- ☐ 1 eggs
- ☐ 1 pound egg bread cubed
- ☐ 0.5 cup egg substitute
- ☐ 1 egg white
- ☐ 4 egg whites
- ☐ 2.5 cups lactose-free milk fat-free low-fat
- ☐ 0.3 cup raisins

- ☐ 0.3 cup sugar substitute for baking
- ☐ 2 teaspoons vanilla
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees Fahrenheit. Spray an 8-x8-inch baking pan with cooking spray; set aside.
- ☐ Place bread cubes in a large bowl; sprinkle with cinnamon. In a medium bowl, whisk egg substitute, egg whites, sugar substitute, fat-free or low-fat lactose-free milk and vanilla until blended.
- ☐ Pour over bread, sprinkle with raisins and stir gently to mix.
- ☐ Pour mixture into prepared pan.
- ☐ Bake 45 minutes in preheated oven or until top is puffed and golden and tester comes out clean.
- ☐ Cut into squares and serve warm with vanilla pudding sauce.
- ☐ Whisk egg, egg white, sugar and cornstarch together in a medium saucepan.
- ☐ Whisk in fat-free or low-fat lactose-free milk.
- ☐ Cook over medium-low heat, stirring constantly, until mixture thickens and begins to bubble, about 10 minutes.
- ☐ Serve warm or cold.

Nutrition Facts



 PROTEIN **19.33%**  FAT **14.21%**  CARBS **66.46%**

Properties

Glycemic Index:14.7, Glycemic Load:5.32, Inflammation Score:-4, Nutrition Score:9.5117390414943%

Nutrients (% of daily need)

Calories: 208.59kcal (10.43%), Fat: 3.24g (4.99%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 32.66g (11.88%), Sugar: 8.48g (9.43%), Cholesterol: 41.34mg (13.78%), Sodium: 254.06mg (11.05%), Alcohol: 0.55g (100%), Alcohol %: 0.46% (100%), Protein: 9.93g (19.86%), Selenium: 24.23µg (34.62%), Vitamin B2: 0.42mg (24.75%), Vitamin B1: 0.26mg (17.02%), Manganese: 0.28mg (14.2%), Calcium: 138.85mg (13.88%), Phosphorus: 137.12mg (13.71%), Folate: 53.6µg (13.4%), Vitamin B3: 2.37mg (11.86%), Iron: 1.85mg (10.28%), Vitamin B12: 0.49µg (8.23%), Vitamin D: 1.14µg (7.57%), Potassium: 253.85mg (7.25%), Vitamin B5: 0.65mg (6.45%), Fiber: 1.48g (5.93%), Zinc: 0.83mg (5.51%), Vitamin A: 272.01IU (5.44%), Magnesium: 21.72mg (5.43%), Copper: 0.1mg (5.03%), Vitamin B6: 0.1mg (4.93%), Vitamin E: 0.36mg (2.4%)