



Cinnamon-Raisin Bread Puddings

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



567 kcal

DESSERT

Ingredients

- 16 oz cinnamon-raisin bread sliced
- 4 large eggs
- 2 tablespoons maple syrup
- 1 cup powdered sugar
- 14 oz condensed milk sweetened canned
- 2 teaspoons vanilla
- 0.8 cup water hot

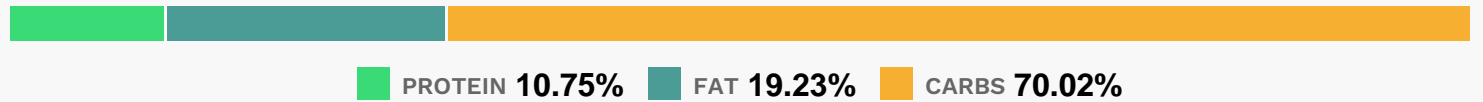
Equipment

- bowl
- oven
- knife
- whisk
- ramekin

Directions

- Tear 1 (16-oz.) loaf of sliced cinnamon-raisin bread into 1-inch pieces; place in a large bowl.
- Whisk together 1 (14-oz.) can sweetened condensed milk, 3/4 cup hot water, 4 large eggs, and 2 tsp. vanilla; pour over bread pieces, tossing gently to coat. Divide bread mixture evenly between 6 (10-oz.) lightly greased ramekins or custard cups.
- Bake at 350 for 25 to 30 minutes or until a knife inserted in center comes out clean. Stir together 1 cup powdered sugar and 2 Tbsp. milk or maple syrup; drizzle evenly over bread puddings.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:49.35, Inflammation Score:-5, Nutrition Score:16.128260882004%

Nutrients (% of daily need)

Calories: 566.79kcal (28.34%), Fat: 12.25g (18.85%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 100.38g (33.46%), Net Carbohydrates: 97.13g (35.32%), Sugar: 64.13g (71.25%), Cholesterol: 146.49mg (48.83%), Sodium: 396.27mg (17.23%), Alcohol: 0.46g (100%), Alcohol %: 0.25% (100%), Protein: 15.41g (30.81%), Selenium: 35.26µg (50.38%), Vitamin B2: 0.82mg (48.13%), Phosphorus: 315.84mg (31.58%), Manganese: 0.55mg (27.46%), Calcium: 264.93mg (26.49%), Folate: 103.08µg (25.77%), Vitamin B1: 0.33mg (22.25%), Iron: 2.92mg (16.24%), Vitamin B3: 2.8mg (13.98%), Potassium: 480.39mg (13.73%), Vitamin B5: 1.3mg (13%), Fiber: 3.25g (13%), Zinc: 1.65mg (10.99%), Magnesium: 42.71mg (10.68%), Vitamin B12: 0.59µg (9.8%), Copper: 0.19mg (9.53%), Vitamin B6: 0.14mg (7.15%), Vitamin A: 356.62IU (7.13%), Vitamin D: 0.8µg (5.33%), Vitamin E: 0.67mg (4.45%), Vitamin C: 1.8mg (2.18%), Vitamin K: 1.78µg (1.7%)