



Dairy-Free Bread Pudding



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 8 slices stale/dry dairy-free bread gluten-free cubed (, if needed)
- ☐ 0.5 cup raisins
- ☐ 4 cups dairy-free milk beverage unsweetened divided (see Milk Beverage Note below)
- ☐ 1 cup sugar
- ☐ 4 eggs beaten
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger

- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 pinch salt

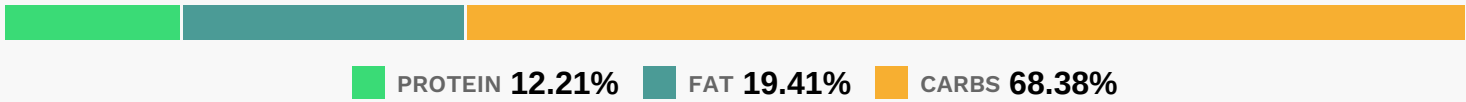
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Grease a 2-quart (like an 11x7-inch) baking dish.
- ☐ Add the bread cubes and raisins, toss together, and spread in an even layer.
- ☐ In a large mixing bowl, beat together the 2 cups milk beverage, eggs, sugar, and vanilla until the sugar is dissolve.
- ☐ Add the remaining 2 cups milk beverage, cinnamon, ginger, allspice, cloves, and salt, and mix on low just until combined.
- ☐ Pour the egg mixture over the bread cubes.
- ☐ Let it sit and soak for about 30 minutes, and then preheat your oven to 350°F.
- ☐ Bake the dairy-free bread pudding for about 30 to 40 minutes, or until set and golden brown.

Nutrition Facts



Properties

Glycemic Index:35.95, Glycemic Load:29.98, Inflammation Score:-5, Nutrition Score:13.7095651957%

Nutrients (% of daily need)

Calories: 279.94kcal (14%), Fat: 6.13g (9.43%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 47.08g (17.12%), Sugar: 37.48g (41.64%), Cholesterol: 109.12mg (36.37%), Sodium: 131.39mg (5.71%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 8.68g (17.36%), Vitamin B12: 1.97µg (32.91%), Vitamin E: 4.31mg (28.75%), Vitamin B2: 0.48mg (28.18%), Vitamin B3: 5.39mg (26.95%), Calcium: 243.78mg (24.38%), Vitamin B6: 0.44mg (22.15%), Selenium: 12.96µg (18.51%), Vitamin D: 2.49µg (16.6%), Folate: 64.96µg (16.24%),

Vitamin A: 782.51IU (15.65%), Vitamin C: 12.1mg (14.66%), Copper: 0.26mg (12.82%), Potassium: 367.31mg (10.49%), Iron: 1.64mg (9.14%), Vitamin B1: 0.12mg (8.26%), Phosphorus: 67.4mg (6.74%), Fiber: 1.53g (6.12%), Zinc: 0.79mg (5.26%), Manganese: 0.1mg (4.9%), Vitamin B5: 0.46mg (4.56%), Magnesium: 7.53mg (1.88%)