



WHATSHATE



Dairy-Free Bread Pudding



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

Ingredients

- ☐ 0.5 loaf bread cut into pieces
- ☐ 0.5 cup so delicious dairy free almond plus almondmilk
- ☐ 4 eggs
- ☐ 2 ounces raisins
- ☐ 1 pinch salt

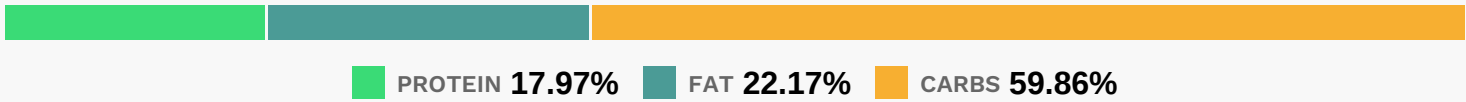
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Mix all ingredients gently after soaking bread in the almond milk. Depending on whether you prefer the bread pudding thicker or thinner, can use more or less of the bread or almond milk respectively.
- ☐ Place mixture in casserole dish and bake for 30 minutes at 350°F.

Nutrition Facts



Properties

Glycemic Index:37.72, Glycemic Load:27.97, Inflammation Score:-5, Nutrition Score:18.01652168191%

Nutrients (% of daily need)

Calories: 351.05kcal (17.55%), Fat: 8.7g (13.38%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 48.35g (17.58%), Sugar: 5.78g (6.42%), Cholesterol: 163.68mg (54.56%), Sodium: 492.94mg (21.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.73%), Selenium: 38.75µg (55.36%), Manganese: 1.06mg (53.17%), Vitamin B3: 5.91mg (29.57%), Vitamin B2: 0.5mg (29.4%), Vitamin B1: 0.4mg (26.74%), Folate: 102.8µg (25.7%), Iron: 4.34mg (24.12%), Phosphorus: 207.4mg (20.74%), Fiber: 4.48g (17.93%), Calcium: 176.16mg (17.62%), Vitamin B5: 1.38mg (13.78%), Vitamin B6: 0.26mg (13.23%), Vitamin B12: 0.71µg (11.84%), Copper: 0.24mg (11.83%), Magnesium: 44.38mg (11.1%), Zinc: 1.55mg (10.32%), Potassium: 339.11mg (9.69%), Vitamin E: 1.37mg (9.11%), Vitamin D: 1.23µg (8.23%), Vitamin A: 355.23IU (7.1%), Vitamin K: 4.3µg (4.09%), Vitamin C: 3.06mg (3.71%)