



Doughnut Bread Pudding



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



144 kcal

Ingredients

- ☐ 0.5 cup raisins dried
- ☐ 2 eggs room temperature ()
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 4 raised glazed donuts stale
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon orange zest grated
- ☐ 1 teaspoon vanilla extract

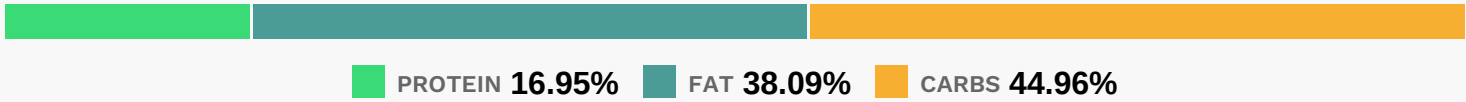
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a small glass baking dish.
- ☐ Tear the donuts into bite-size pieces.
- ☐ Combine donut pieces and raisins in the prepared baking dish. In a medium bowl, use an electric mixer to blend together the eggs, evaporated milk, sugar, vanilla extract and almond extract.
- ☐ Mix in the cinnamon and nutmeg.
- ☐ Pour the milk mixture over the donuts in the dish, and press down lightly to help absorption.
- ☐ Let stand for 15 minutes, or cover and refrigerate overnight.
- ☐ Place the baking dish inside a larger baking dish, and fill the outer dish with enough water to go about halfway up the sides. A dishcloth may also be placed under the bread dish, to prevent drying.
- ☐ Bake for 35 to 40 minutes in the preheated oven, or until a knife inserted near the center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.3, Glycemic Load:5.12, Inflammation Score:-2, Nutrition Score:5.6534782466681%

Nutrients (% of daily need)

Calories: 144.48kcal (7.22%), Fat: 6.23g (9.59%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 15.3g (5.57%), Sugar: 6.35g (7.06%), Cholesterol: 71.71mg (23.9%), Sodium: 89.67mg (3.9%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Protein: 6.24g (12.48%), Calcium: 173.86mg (17.39%), Vitamin B2: 0.28mg (16.3%), Phosphorus: 158.87mg (15.89%), Potassium: 303.98mg (8.69%), Selenium: 5.96µg (8.52%), Manganese: 0.16mg (8.02%), Vitamin B5: 0.61mg (6.12%), Magnesium: 20.28mg (5.07%), Fiber: 1.25g (5.01%), Zinc: 0.68mg (4.55%), Vitamin A: 224IU (4.48%), Iron: 0.75mg (4.18%), Vitamin B6: 0.08mg (3.96%), Vitamin B12: 0.23µg (3.75%), Vitamin B1: 0.05mg (3.21%), Folate: 12.19µg (3.05%), Copper: 0.06mg (3.02%), Vitamin C: 2.26mg (2.74%), Vitamin D: 0.35µg (2.35%), Vitamin E: 0.26mg (1.77%), Vitamin B3: 0.28mg (1.38%)