



Easy Bread Pudding

READY IN



50 min.

SERVINGS



50

CALORIES



95 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 2 egg whites
- 1.8 cups milk fat-free
- 0.5 tsp ground cinnamon
- 0.5 cup philadelphia 1/3 less fat than cream cheese ()
- 2 oz baker's semi-sweet chocolate coarsely chopped
- 6 cups bread whole wheat cubed (6 to 8 slices)

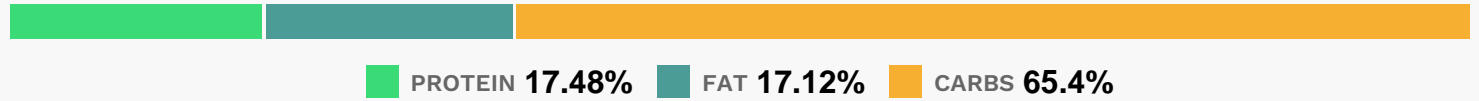
Equipment

- bowl
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Beat reduced-fat cream cheese and sugar in large bowl with mixer until well blended.
- Add egg whites and cinnamon; mix well. Gradually beat in milk until well blended.
- Place bread in 8-inch square baking dish; top with chocolate and cream cheese mixture.
- Bake 30 to 35 min. or until center is set. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:5.1773912880732%

Nutrients (% of daily need)

Calories: 95.47kcal (4.77%), Fat: 1.82g (2.8%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 13.83g (5.03%), Sugar: 4.38g (4.87%), Cholesterol: 1.62mg (0.54%), Sodium: 142.61mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Manganese: 0.63mg (31.39%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.12mg (7.81%), Phosphorus: 76.24mg (7.62%), Fiber: 1.81g (7.23%), Vitamin B3: 1.28mg (6.42%), Calcium: 64.02mg (6.4%), Magnesium: 25.42mg (6.36%), Iron: 0.82mg (4.56%), Vitamin B2: 0.07mg (4.04%), Copper: 0.08mg (4.03%), Zinc: 0.58mg (3.89%), Vitamin B6: 0.07mg (3.44%), Folate: 12.62µg (3.16%), Potassium: 102.65mg (2.93%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.33µg (2.22%), Vitamin B12: 0.07µg (1.25%), Vitamin E: 0.17mg (1.11%)