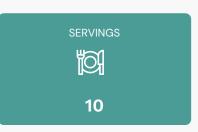


Eggnog and Dried Fruit Bread Pudding

Vegetarian







DESSERT

Ingredients

2 tablespoons brandy
8 ounces country bread white cut into 1-inch pieces
3 tablespoons butter
3 large egg yolks
3 large eggs
7 ounce fruit bits dried
2 cups milk 2% reduced-fat

0.5 teaspoon nutmeg freshly grated

	1 tablespoon powdered sugar	
	0.7 cup sugar	
	1 teaspoon vanilla	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	whisk	
	baking pan	
	. <u>.</u>	
Directions		
	Preheat oven to 37	
	Combine brandy and fruit bits in a small saucepan; bring to a boil.	
	Remove from heat; let stand 1 hour.	
	Combine milk, butter, vanilla, and nutmeg in a medium saucepan.	
	Heat to 180 or until tiny bubbles form around edge of pan, stirring frequently (do not boil).	
	Remove from heat.	
	Combine 2/3 cup sugar, eggs, and egg yolks in a large bowl.	
	Pour hot milk mixture into egg mixture in a slow, steady stream, stirring constantly with a whisk. Return milk mixture to saucepan over medium-low heat, stirring constantly, until thickened (about 6 minutes).	
	Combine bread and fruit mixture in a large bowl; pour milk mixture over bread mixture.	
	Transfer bread mixture into an 11 x 7-inch baking dish coated with cooking spray.	
	Place dish in a 13 x 9-inch baking pan; add hot water to larger dish to a depth of 1 inch.	
	Bake at 375 for 45 minutes or until set.	
	Sprinkle with nowdered sugar	

Nutrition Facts

PROTEIN 10.73% 📕 FAT 27.89% 📒 CARBS 61.38%

Properties

Glycemic Index:31.09, Glycemic Load:20.61, Inflammation Score:-3, Nutrition Score:8.1517390544%

Nutrients (% of daily need)

Calories: 265.29kcal (13.26%), Fat: 8.19g (12.61%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 38.09g (13.85%), Sugar: 27.36g (30.4%), Cholesterol: 123.69mg (41.23%), Sodium: 183.34mg (7.97%), Alcohol: 1.14g (100%), Alcohol %: 1.1% (100%), Protein: 7.09g (14.19%), Selenium: 14.15µg (20.21%), Calcium: 153mg (15.3%), Vitamin B2: 0.26mg (15.19%), Phosphorus: 133.3mg (13.33%), Manganese: 0.25mg (12.7%), Vitamin B1: 0.17mg (11.07%), Folate: 44.02µg (11%), Fiber: 2.49g (9.95%), Iron: 1.59mg (8.83%), Vitamin B12: 0.49µg (8.17%), Vitamin B5: 0.76mg (7.63%), Potassium: 256.11mg (7.32%), Magnesium: 27.18mg (6.79%), Vitamin B3: 1.26mg (6.32%), Vitamin A: 309.96IU (6.2%), Zinc: 0.88mg (5.85%), Copper: 0.11mg (5.28%), Vitamin B6: 0.1mg (5.18%), Vitamin D: 0.58µg (3.84%), Vitamin E: 0.52mg (3.48%), Vitamin K: 3.61µg (3.44%)