



Eggnog and Dried Fruit Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



265 kcal

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

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 powdered 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%)