



English Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



647 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 0.3 cup fruit mixed dried
- 1 eggs beaten
- 1 tablespoon ground cinnamon
- 1 tablespoon ground nutmeg
- 1.3 cups milk
- 0.8 cup raisins
- 0.3 cup splenda® brown sugar blend

6.3 cups bread whole wheat cubed

Equipment

bowl

oven

baking pan

Directions

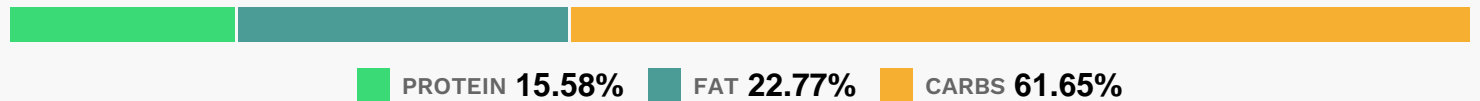
Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, combine bread and milk, and set aside to soak for 5 minutes. Then stir in egg, butter, raisins, mixed fruit, SLENDA® Brown Sugar Blend, nutmeg, and cinnamon.

Mix well. Press the mixture into a 9-inch square baking pan.

Bake in preheated oven until golden and firm to touch, about 35 minutes. Leave in baking pan to cool, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:54.6, Inflammation Score:-7, Nutrition Score:28.551739319511%

Nutrients (% of daily need)

Calories: 646.57kcal (32.33%), Fat: 16.39g (25.22%), Saturated Fat: 7.35g (45.95%), Carbohydrates: 99.82g (33.27%), Net Carbohydrates: 86.97g (31.62%), Sugar: 16.51g (18.34%), Cholesterol: 45.37mg (15.12%), Sodium: 919.04mg (39.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Manganese: 4.19mg (209.6%), Selenium: 50.33µg (71.9%), Fiber: 12.85g (51.4%), Vitamin B1: 0.77mg (51.08%), Phosphorus: 457.05mg (45.71%), Vitamin B3: 8.42mg (42.1%), Magnesium: 154.88mg (38.72%), Calcium: 370.98mg (37.1%), Iron: 5.32mg (29.54%), Vitamin B2: 0.41mg (24.38%), Copper: 0.48mg (23.95%), Zinc: 3.56mg (23.72%), Vitamin B6: 0.46mg (23.1%), Folate: 81.74µg (20.44%), Potassium: 657.15mg (18.78%), Vitamin B5: 1.52mg (15.2%), Vitamin K: 15.72µg (14.97%), Vitamin E: 1.32mg (8.81%), Vitamin A: 337.34IU (6.75%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.53µg (3.53%)