



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

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6.3 cups bread whole wheat cubed

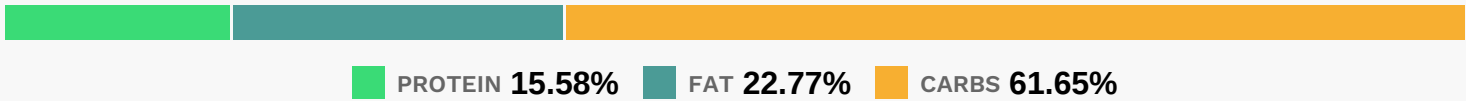
Equipment

- ☐ 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%)