



## Fruited Bread Pudding with Eggnog Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



469 kcal

DESSERT

### Ingredients

- 4 cups bread french
- 0.5 cup raisins dried diced
- 2 cups skim milk fat-free (skim)
- 0.5 cup eggs fat-free
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 1 serving nutmeg
- 0.3 cup skim milk fat-free (skim)

- 3 ounces vanilla pudding fat-free refrigerated
- 0.5 teaspoon rum extract

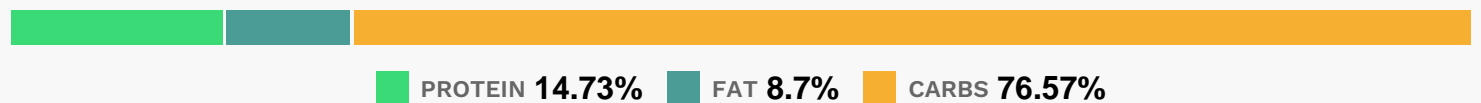
## Equipment

- bowl
- oven
- whisk

## Directions

- Heat oven to 350°. Spray pie plate, 9x1 1/4 inches, with cooking spray.
- Place bread cubes in pie plate; sprinkle with fruit mixture.
- Beat milk, egg product, sugar and vanilla in small bowl with wire whisk until smooth.
- Pour milk mixture over bread. Press bread cubes into milk mixture.
- Sprinkle with nutmeg.
- Bake uncovered 40 to 45 minutes or until golden brown and set.
- Meanwhile, in small bowl, mix all sauce ingredients until smooth.
- Cut bread pudding into wedges, or spoon into serving dishes.
- Drizzle each serving with scant tablespoon sauce.
- Sprinkle with additional nutmeg if desired. Store pudding and sauce covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:43.24, Glycemic Load:58.18, Inflammation Score:-6, Nutrition Score:18.782174045625%

## Nutrients (% of daily need)

Calories: 469.01kcal (23.45%), Fat: 4.57g (7.04%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 90.5g (30.17%), Net Carbohydrates: 87.17g (31.7%), Sugar: 25.98g (28.87%), Cholesterol: 58.64mg (19.55%), Sodium: 833.18mg (36.23%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 17.42g (34.83%), Vitamin B1: 0.9mg (59.8%), Selenium: 40.13µg (57.33%), Vitamin B2: 0.69mg (40.47%), Folate: 154.53µg (38.63%), Manganese: 0.66mg

(32.97%), Vitamin B3: 5.9mg (29.51%), Iron: 5.15mg (28.59%), Phosphorus: 238.3mg (23.83%), Calcium: 167.98mg (16.8%), Fiber: 3.33g (13.34%), Magnesium: 51.46mg (12.86%), Zinc: 1.77mg (11.82%), Copper: 0.23mg (11.26%), Vitamin B6: 0.21mg (10.57%), Potassium: 357mg (10.2%), Vitamin B12: 0.55µg (9.16%), Vitamin B5: 0.89mg (8.87%), Vitamin D: 1.09µg (7.27%), Vitamin A: 228.04IU (4.56%), Vitamin E: 0.41mg (2.72%)