



Fruited Bread Pudding with Eggnog Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 4 cups bread french
- ☐ 0.5 cup eggs fat-free
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 cups skim milk fat-free (skim)
- ☐ 0.5 cup fruit dried diced
- ☐ 8 servings nutmeg
- ☐ 0.5 teaspoon rum extract
- ☐ 0.3 cup sugar

- ☐ 0.5 teaspoon vanilla
- ☐ 3 ounces vanilla pudding fat-free refrigerated

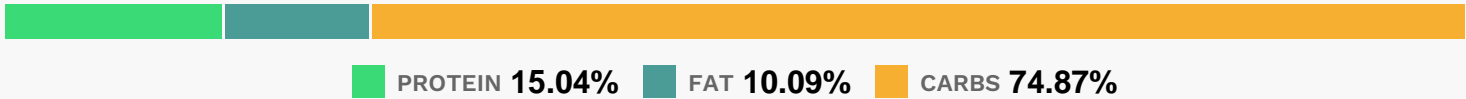
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 35
- ☐ 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:35.89, Glycemic Load:54.71, Inflammation Score:-6, Nutrition Score:18.781739378753%

Nutrients (% of daily need)

Calories: 459.81kcal (22.99%), Fat: 5.17g (7.96%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 86.43g (28.81%), Net Carbohydrates: 83.11g (30.22%), Sugar: 28.15g (31.28%), Cholesterol: 58.64mg (19.55%), Sodium: 831.67mg

(36.16%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 17.36g (34.71%), Vitamin B1: 0.89mg (59.65%), Selenium: 40.1µg (57.29%), Vitamin B2: 0.68mg (39.77%), Folate: 155.89µg (38.97%), Manganese: 0.69mg (34.5%), Vitamin B3: 5.88mg (29.41%), Iron: 5.01mg (27.84%), Phosphorus: 237.01mg (23.7%), Calcium: 169.41mg (16.94%), Fiber: 3.32g (13.28%), Magnesium: 52.68mg (13.17%), Zinc: 1.81mg (12.05%), Copper: 0.23mg (11.34%), Vitamin B6: 0.2mg (9.97%), Vitamin B12: 0.55µg (9.16%), Vitamin B5: 0.89mg (8.89%), Potassium: 301.54mg (8.62%), Vitamin D: 1.09µg (7.27%), Vitamin A: 274.56IU (5.49%), Vitamin E: 0.41mg (2.72%), Vitamin K: 1.55µg (1.48%)