



Maple Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

DESSERT

Ingredients

- 1 eggs
- 2 egg whites
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 6 ounces bread italian cut into 1-inch cubes (3 1/2 cups)
- 2.5 cups milk 1% low-fat
- 0.3 cup maple syrup
- 0.3 cup raisins

- 0.1 teaspoon salt
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

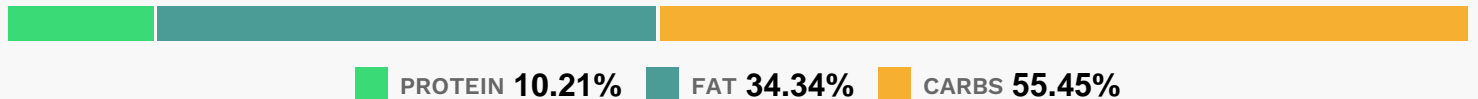
Equipment

- bowl
- baking sheet
- oven
- whisk
- baking pan

Directions

- Arrange the bread cubes in a single layer on a baking sheet.
- Bake at 325 for 10 minutes.
- Place bread cubes in an 8-inch square baking dish coated with cooking spray.
- Combine milk and next 8 ingredients in a medium bowl, and stir with a wire whisk until well-blended. Stir in raisins.
- Pour milk mixture over bread, tossing gently to coat.
- Let the mixture stand 40 minutes.
- Bake at 350 for 1 hour and 10 minutes or until pudding is set.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:7.95, Inflammation Score:-2, Nutrition Score:5.9013043910913%

Nutrients (% of daily need)

Calories: 229.69kcal (11.48%), Fat: 8.8g (13.53%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 30.74g (11.18%), Sugar: 21.41g (23.79%), Cholesterol: 24.15mg (8.05%), Sodium: 167.23mg (7.27%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.88g (11.77%), Vitamin B2: 0.36mg (21.35%), Manganese: 0.35mg (17.67%), Calcium: 114.26mg (11.43%), Phosphorus: 100.55mg (10.06%), Vitamin B12: 0.51µg (8.43%), Potassium: 264.7mg (7.56%), Selenium: 4.8µg (6.85%), Vitamin D: 0.92µg (6.14%), Vitamin B1: 0.09mg (6.01%), Vitamin B3: 1.13mg (5.67%), Fiber: 1.23g (4.91%), Magnesium: 18.77mg (4.69%), Folate: 17.97µg (4.49%), Iron: 0.73mg (4.08%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.54mg (3.61%), Vitamin A: 174.65IU (3.49%), Vitamin B6: 0.07mg (3.29%), Copper: 0.03mg (1.3%)