



Old-Fashioned Bread Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



300 kcal

DESSERT

Ingredients

- 2 cups milk
- 0.3 cup butter
- 2 eggs slightly beaten
- 0.5 cup sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 6 cups unseasoned bread cubes soft (6 slices bread)
- 0.5 cup raisins

1 serving whipping cream (heavy)

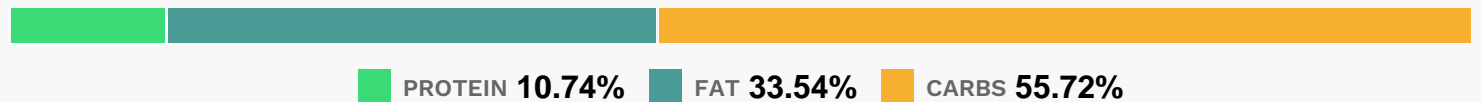
Equipment

- bowl
- sauce pan
- oven
- knife

Directions

- Heat oven to 350°F. In 2-quart saucepan, heat milk and butter over medium heat until butter is melted and milk is hot.
- In large bowl, mix eggs, sugar, cinnamon and salt. Stir in bread cubes and raisins. Stir in milk mixture.
- Pour into ungreased 1 1/2-quart casserole.
- Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge comes out clean.
- Serve warm with whipping cream.

Nutrition Facts



Properties

Glycemic Index:35.07, Glycemic Load:24.35, Inflammation Score:-4, Nutrition Score:9.6326086832129%

Nutrients (% of daily need)

Calories: 300.21kcal (15.01%), Fat: 11.42g (17.57%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 40.27g (14.64%), Sugar: 17.92g (19.91%), Cholesterol: 65.61mg (21.87%), Sodium: 358.94mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.47%), Manganese: 0.57mg (28.74%), Selenium: 16.9µg (24.14%), Vitamin B2: 0.27mg (15.6%), Vitamin B1: 0.22mg (14.81%), Phosphorus: 147.32mg (14.73%), Calcium: 141.84mg (14.18%), Vitamin B3: 2.53mg (12.64%), Iron: 1.97mg (10.95%), Folate: 41.44µg (10.36%), Fiber: 2.43g (9.72%), Vitamin B5: 0.76mg (7.58%), Vitamin B12: 0.44µg (7.37%), Vitamin A: 364.63IU (7.29%), Magnesium: 29mg (7.25%), Potassium: 245.49mg (7.01%), Vitamin D: 0.92µg (6.14%), Vitamin B6: 0.12mg (6.04%), Zinc: 0.86mg (5.75%), Copper: 0.1mg (5%), Vitamin K: 2.91µg (2.77%), Vitamin E: 0.41mg (2.76%)