



Old-Fashioned Bread Pudding

READY IN



60 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

Ingredients

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

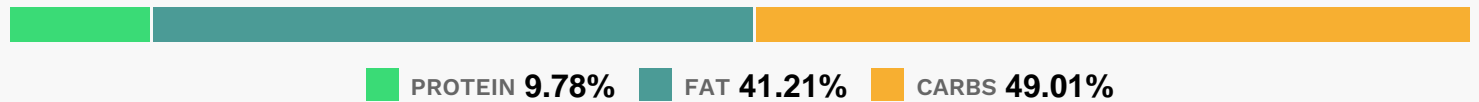
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife

Directions

- Heat oven to 350F. 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 deep round pan.
- 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:28.82, Glycemic Load:24.35, Inflammation Score:-5, Nutrition Score:10.228695685449%

Nutrients (% of daily need)

Calories: 344.98kcal (17.25%), Fat: 16.12g (24.8%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 40.7g (14.8%), Sugar: 18.3g (20.33%), Cholesterol: 65.19mg (21.73%), Sodium: 383.76mg (16.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Manganese: 0.57mg (28.74%), Selenium: 17.22µg (24.6%), Vitamin B2: 0.29mg (17.06%), Phosphorus: 154.86mg (15.49%), Calcium: 150.93mg (15.09%), Vitamin B1: 0.23mg (15.01%), Vitamin B3: 2.54mg (12.68%), Vitamin A: 634.04IU (12.68%), Iron: 1.98mg (11.01%), Folate: 41.83µg (10.46%), Fiber: 2.43g (9.72%), Vitamin B5: 0.79mg (7.9%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 1.13µg (7.54%), Magnesium: 29.99mg (7.5%), Potassium: 259.24mg (7.41%), Vitamin B6: 0.13mg (6.29%), Zinc: 0.89mg (5.91%), Copper: 0.1mg (5.07%), Vitamin E: 0.59mg (3.93%), Vitamin K: 2.83µg (2.7%)