



Pineapple-Rum Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



604 kcal

DESSERT

Ingredients

- ☐ 8 cups bread) french cubed 16 1-ounce
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 cup brown sugar packed
- ☐ 5 large egg whites
- ☐ 2 large eggs
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 cups milk 2% reduced-fat
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1.5 cups pineapple fresh cubed
- ☐ 0.5 cup rum

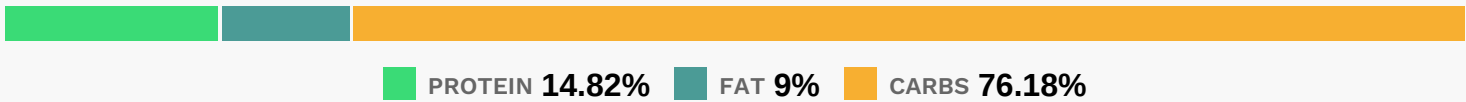
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Combine the first 3 ingredients in a bowl, and toss gently to coat. Spoon pineapple mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Place bread cubes in a single layer on a jelly-roll pan.
- ☐ Bake at 325 for 15 minutes or until toasted.
- ☐ Combine milk and remaining ingredients in a large bowl.
- ☐ Add bread cubes; toss gently.
- ☐ Let mixture stand 15 minutes. Spoon bread mixture over pineapple.
- ☐ Bake at 325 for 35 minutes or until pudding is set.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:65.09, Inflammation Score:-7, Nutrition Score:23.908260822296%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 603.61kcal (30.18%), Fat: 5.85g (9%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 111.42g (37.14%), Net Carbohydrates: 107.62g (39.13%), Sugar: 35.92g (39.92%), Cholesterol: 35.72mg (11.91%), Sodium: 1019.32mg (44.32%), Alcohol: 3.34g (100%), Alcohol %: 1.44% (100%), Protein: 21.68g (43.36%), Vitamin B1: 1.16mg (77.64%), Selenium: 52.49µg (74.99%), Manganese: 1.08mg (54.11%), Vitamin B2: 0.89mg (52.25%), Folate: 205.45µg (51.36%), Vitamin B3: 7.83mg (39.14%), Iron: 6.65mg (36.95%), Phosphorus: 242.21mg (24.22%), Calcium: 184.39mg (18.44%), Magnesium: 68.35mg (17.09%), Fiber: 3.81g (15.22%), Copper: 0.3mg (14.88%), Zinc: 2.08mg (13.86%), Vitamin B6: 0.25mg (12.53%), Vitamin C: 10.01mg (12.14%), Potassium: 380.69mg (10.88%), Vitamin B5: 0.98mg (9.79%), Vitamin B12: 0.4µg (6.65%), Vitamin E: 0.44mg (2.95%), Vitamin A: 117.53IU (2.35%), Vitamin K: 1.4µg (1.34%), Vitamin D: 0.17µg (1.11%)