



## Raisin Bread Pudding with Apples

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



205 kcal

DESSERT

### Ingredients

- 0.8 cup apples peeled chopped
- 0.8 cup caramel syrup fat-free
- 1 ounce cinnamon-raisin bread
- 1 large eggs
- 1 large egg white
- 12 ounce evaporated milk fat-free canned
- 0.5 cup half-and-half fat-free
- 3 cups whipped cream low-fat

- 0.7 cup sugar
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan

## Directions

- Tear bread into 1-inch pieces.
- Spread evenly on a jelly roll pan; place in a cool oven.
- Let stand overnight or until dried.
- Combine egg and next 5 ingredients in a large bowl, beating with a whisk until well blended.
- Add dried bread and apple to egg mixture, tossing gently to moisten; let stand 30 minutes.
- Preheat oven to 35
- Spoon bread mixture into a 9-inch square baking dish coated with cooking spray.
- Bake at 350 for 40 minutes or until a knife inserted in center comes out clean.
- Let stand 15 minutes.
- Serve warm with ice cream and caramel sauce.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:12.84, Inflammation Score:-2, Nutrition Score:4.3639130566431%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 204.65kcal (10.23%), Fat: 4.67g (7.18%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 36.06g (13.11%), Sugar: 31.9g (35.44%), Cholesterol: 34.47mg (11.49%), Sodium: 135.07mg (5.87%), Alcohol: 0.1g (100%), Alcohol %: 0.12% (100%), Protein: 5.21g (10.41%), Calcium: 156.24mg (15.62%), Vitamin B2: 0.25mg (14.99%), Phosphorus: 129.16mg (12.92%), Potassium: 219.19mg (6.26%), Selenium: 4.25µg (6.07%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 281.65IU (5.63%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.65mg (4.34%), Magnesium: 16.25mg (4.06%), Vitamin B1: 0.05mg (3.34%), Folate: 10.03µg (2.51%), Vitamin B6: 0.05mg (2.48%), Vitamin C: 1.5mg (1.81%), Fiber: 0.4g (1.61%), Iron: 0.28mg (1.58%), Manganese: 0.03mg (1.41%), Copper: 0.02mg (1.2%), Vitamin E: 0.17mg (1.11%), Vitamin B3: 0.22mg (1.08%)