



Raisin Bread Pudding with Bourbon Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

Ingredients

- ☐ 8 servings bourbon sauce
- ☐ 14 ounce eagle brand original condensed milk sweetened canned
- ☐ 4 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 12 raisin bread
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup water hot

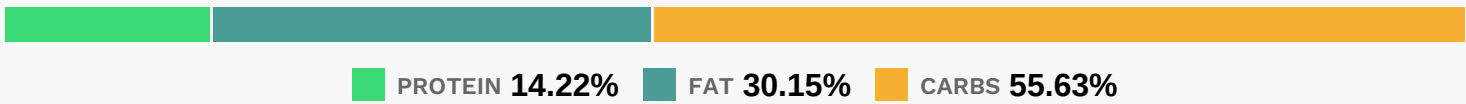
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Place raisin bread pieces in a lightly greased 8-inch square baking dish. Stir together sweetened condensed milk and next 5 ingredients; pour over bread pieces.
- ☐ Place dish in a large shallow pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 35 to 40 minutes or until a knife inserted in center comes out clean.
- ☐ Serve with warm Bourbon Sauce.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:16.99, Inflammation Score:-2, Nutrition Score:6.0773912214715%

Nutrients (% of daily need)

Calories: 237.13kcal (11.86%), Fat: 6.78g (10.44%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 28.05g (10.2%), Sugar: 27.31g (30.35%), Cholesterol: 109.87mg (36.62%), Sodium: 105.08mg (4.57%), Alcohol: 5.35g (100%), Alcohol %: 5.93% (100%), Protein: 7.2g (14.4%), Selenium: 15.32µg (21.89%), Vitamin B2: 0.33mg (19.31%), Phosphorus: 177.49mg (17.75%), Calcium: 157.4mg (15.74%), Vitamin B5: 0.76mg (7.62%), Vitamin B12: 0.44µg (7.35%), Potassium: 224.23mg (6.41%), Zinc: 0.81mg (5.41%), Vitamin A: 267.71IU (5.35%), Folate: 18.85µg (4.71%), Magnesium: 16.78mg (4.2%), Vitamin B1: 0.06mg (4.07%), Vitamin D: 0.6µg (3.99%), Vitamin B6: 0.07mg (3.47%), Iron: 0.59mg (3.28%), Vitamin E: 0.35mg (2.32%), Copper: 0.04mg (1.83%), Manganese: 0.04mg (1.76%), Vitamin C: 1.3mg (1.57%)