



Raisin Bread Pudding with Whiskey Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 1 teaspoon cornstarch
- 0.3 cup egg substitute frozen thawed
- 0.3 teaspoon ground cinnamon
- 2 teaspoons butter reduced-calorie
- 3 ounce raisin bread cut into 3/4-inch pieces
- 0.7 cup evaporated skimmed milk
- 1 tablespoon sugar
- 0.5 teaspoon vanilla extract

1 tablespoon water

Equipment

bowl

frying pan

sauce pan

oven

knife

whisk

Directions

Combine first 5 ingredients in a medium bowl, stirring well with a wire whisk.

Add bread, stirring gently until bread is coated.

Spoon bread mixture evenly into 2 (6-ounce) custard cups coated with cooking spray.

Place cups in an 8-inch square pan.

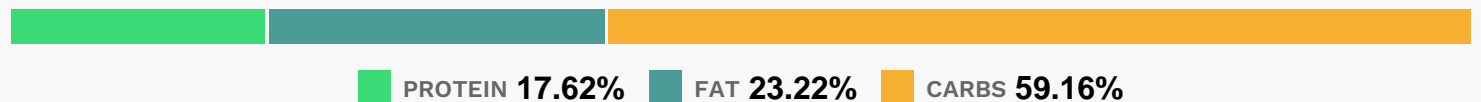
Add hot water to pan to depth of 1 inch.

Bake at 350 for 40 minutes or until knife inserted in center comes out clean.

Combine 1 tablespoon sugar and remaining ingredients in a small saucepan. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Spoon evenly over puddings.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:97.17, Glycemic Load:20.01, Inflammation Score:-5, Nutrition Score:10.86913038855%

Nutrients (% of daily need)

Calories: 264.49kcal (13.22%), Fat: 5.98g (9.21%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 32.33g (11.75%), Sugar: 13.46g (14.95%), Cholesterol: 2.45mg (0.82%), Sodium: 308.58mg (13.42%),

Alcohol: 5.35g (100%), Alcohol %: 3.39% (100%), Protein: 10.22g (20.44%), Selenium: 26.73µg (38.19%), Vitamin B2: 0.44mg (25.6%), Calcium: 169.49mg (16.95%), Phosphorus: 164.63mg (16.46%), Vitamin B1: 0.24mg (15.96%), Manganese: 0.27mg (13.37%), Folate: 53.17µg (13.29%), Iron: 2.06mg (11.45%), Vitamin B5: 1.13mg (11.26%), Vitamin D: 1.54µg (10.26%), Vitamin B12: 0.61µg (10.24%), Potassium: 323.22mg (9.23%), Vitamin A: 436.19IU (8.72%), Vitamin B3: 1.64mg (8.18%), Fiber: 1.97g (7.88%), Zinc: 1.08mg (7.2%), Magnesium: 27.38mg (6.85%), Vitamin B6: 0.13mg (6.56%), Vitamin E: 0.92mg (6.11%), Copper: 0.1mg (5.07%)