



## Reduced-Sugar Bread Pudding

 Vegetarian  Gluten Free

READY IN



235 min.

SERVINGS



6

CALORIES



296 kcal

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 large eggs
- ☐ 12 oz evaporated milk fat-free canned
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.3 cup whey low granular sugar
- ☐ 6 tablespoons raspberry preserves seedless
- ☐ 6 servings raspberry sauce reduced-sugar

### Equipment

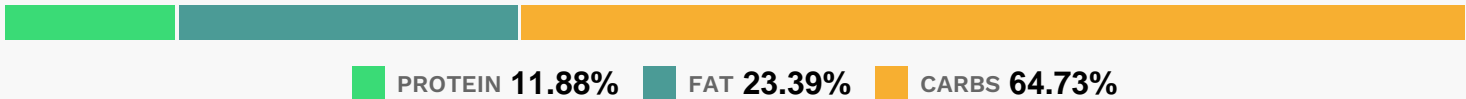
- ☐ oven

- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Place bread in 6 (8-oz.) oval-shaped cast-iron baking dishes coated with cooking spray.
- ☐ Whisk together eggs and next 4 ingredients; pour over bread in baking dishes (about 2/3 cup egg mixture each). Dot top of each with 1 Tbsp. preserves. Cover and chill 2 to 3 hours.
- ☐ Preheat oven to 35
- ☐ Remove baking dishes from refrigerator, and let stand 15 minutes.
- ☐ Bake 38 to 40 minutes or until tops are crisp and golden brown.
- ☐ Let stand 10 minutes.
- ☐ Serve with Raspberry Sauce.
- ☐ Note: For a one-dish dessert, place bread in a lightly greased 11- x 7-inch baking dish. Proceed with recipe as directed in Step 2, dotting top of bread mixture with all 6 Tbsp. raspberry preserves.
- ☐ Bake at 350 for 45 to 50 minutes or until top is crisp and golden brown.
- ☐ Let stand 10 minutes.
- ☐ Serve with sauce. Makes 6 servings. Hands-on Time: 15 min.; Total Time: 3 hr., 25 min.

## Nutrition Facts



## Properties

Glycemic Index:9.17, Glycemic Load:7.46, Inflammation Score:-3, Nutrition Score:7.7569564529087%

## Nutrients (% of daily need)

Calories: 296.21kcal (14.81%), Fat: 7.69g (11.83%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 47.39g (17.23%), Sugar: 29.05g (32.28%), Cholesterol: 113.38mg (37.79%), Sodium: 133.22mg (5.79%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 8.78g (17.57%), Vitamin B2: 0.41mg (24.06%), Calcium: 227.3mg (22.73%), Phosphorus: 215.55mg (21.56%), Selenium: 10.91µg (15.59%), Vitamin C: 8.14mg (9.87%), Vitamin B12: 0.57µg (9.56%), Vitamin B5: 0.94mg (9.42%), Potassium: 310.4mg (8.87%), Zinc: 1.03mg (6.87%), Vitamin A: 327.5IU (6.55%), Magnesium: 24.38mg (6.09%), Folate: 23.22µg (5.81%), Vitamin B6: 0.1mg

(4.91%), Manganese: 0.09mg (4.48%), Iron: 0.76mg (4.22%), Vitamin B1: 0.06mg (4.22%), Vitamin D: 0.56µg (3.71%),  
Copper: 0.06mg (3.12%), Vitamin E: 0.43mg (2.87%), Fiber: 0.49g (1.94%), Vitamin B3: 0.24mg (1.22%)