



Slow-Cooker Cinnamon-Raisin Bread Pudding

 Vegetarian

READY IN



190 min.

SERVINGS



8

CALORIES



717 kcal

Ingredients

- 6 cups raisin bread (12 to 14 slices bread)
- 1 cup eggs fat-free
- 0.5 teaspoon ground cinnamon
- 0.5 cup raisins
- 14 ounces condensed milk sweetened canned
- 1 teaspoon vanilla
- 0.8 cup water

Equipment

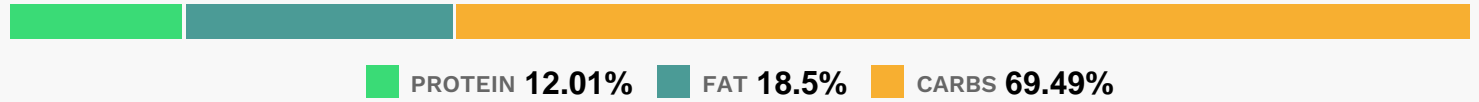
- toothpicks

slow cooker

Directions

- Spray inside of 3 1/2- to 6-quart slow cooker with cooking spray.
- Place bread cubes in cooker.
- Sprinkle with raisins.
- Mix remaining ingredients; pour over bread cubes and raisins.
- Cover and cook on high heat setting 2 1/2 to 3 hours or until toothpick inserted in center comes out clean.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.48, Glycemic Load:80.76, Inflammation Score:-7, Nutrition Score:24.98739108832%

Nutrients (% of daily need)

Calories: 717.45kcal (35.87%), Fat: 15.06g (23.17%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 127.28g (42.43%), Net Carbohydrates: 118.97g (43.26%), Sugar: 37.25g (41.38%), Cholesterol: 129.86mg (43.29%), Sodium: 725.56mg (31.55%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 22g (44.01%), Selenium: 52.21µg (74.59%), Vitamin B2: 1.07mg (62.85%), Folate: 208.1µg (52.03%), Manganese: 0.95mg (47.38%), Vitamin B1: 0.67mg (44.57%), Phosphorus: 385.98mg (38.6%), Iron: 6.02mg (33.43%), Fiber: 8.31g (33.25%), Vitamin B3: 6.38mg (31.91%), Calcium: 279.53mg (27.95%), Copper: 0.41mg (20.62%), Potassium: 704.81mg (20.14%), Magnesium: 65.75mg (16.44%), Vitamin B5: 1.53mg (15.29%), Zinc: 2.16mg (14.38%), Vitamin B6: 0.22mg (10.84%), Vitamin B12: 0.49µg (8.14%), Vitamin E: 0.9mg (5.99%), Vitamin A: 296.86IU (5.94%), Vitamin D: 0.71µg (4.71%), Vitamin K: 3.44µg (3.28%), Vitamin C: 1.96mg (2.38%)