



Slow-Cooker Cinnamon-Raisin Bread Pudding

 Vegetarian

READY IN



190 min.

SERVINGS



8

CALORIES



346 kcal

Ingredients

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

Equipment

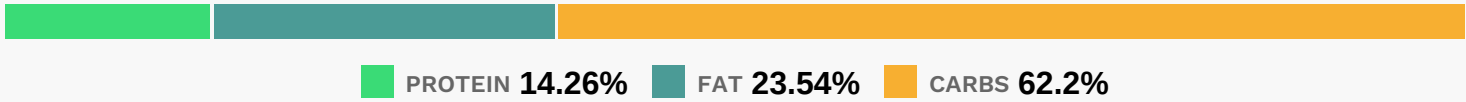
- ☐ toothpicks

☐ 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:22.93, Glycemic Load:31, Inflammation Score:-4, Nutrition Score:12.537391154662%

Nutrients (% of daily need)

Calories: 346.34kcal (17.32%), Fat: 9.16g (14.09%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 52.07g (18.93%), Sugar: 29.57g (32.86%), Cholesterol: 129.86mg (43.29%), Sodium: 308.5mg (13.41%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 12.48g (24.96%), Selenium: 28.82µg (41.17%), Manganese: 0.56mg (27.97%), Vitamin B2: 0.47mg (27.53%), Phosphorus: 246.75mg (24.67%), Calcium: 214.92mg (21.49%), Vitamin B1: 0.24mg (15.98%), Folate: 55.71µg (13.93%), Iron: 2.38mg (13.24%), Vitamin B3: 2.58mg (12.9%), Vitamin B5: 1.19mg (11.87%), Potassium: 361.24mg (10.32%), Fiber: 2.36g (9.45%), Magnesium: 36.84mg (9.21%), Zinc: 1.32mg (8.78%), Vitamin B12: 0.49µg (8.14%), Vitamin B6: 0.14mg (7.05%), Copper: 0.12mg (6.16%), Vitamin A: 297.7IU (5.95%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.48mg (3.21%), Vitamin K: 2.49µg (2.37%), Vitamin C: 1.87mg (2.26%)