



Sugar-Free Bread Pudding with Whiskey Sauce

READY IN



80 min.

SERVINGS



24

CALORIES



180 kcal

DESSERT

Ingredients

- 1 eggs
- 20 ounce bread french
- 0.5 cup butter melted
- 1 quart milk
- 1 cup raisins
- 1 cup sugar splenda® (such as)
- 2 tablespoons vanilla
- 0.3 cup irish whiskey to taste

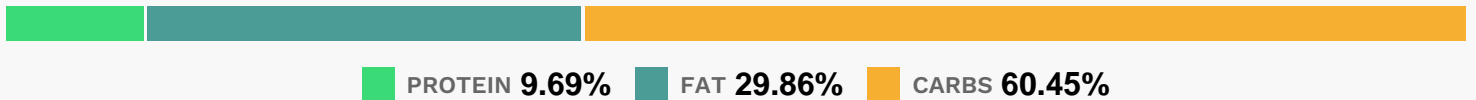
Equipment

- bowl
- frying pan
- oven
- baking pan
- broiler

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Break bread into pieces, and place into a large bowl.
- Pour milk over bread, and crush with your hands until well blended. Stir in 3 eggs, 2 cups sweetener, vanilla, 3 tablespoons margarine, and raisins until evenly mixed.
- Transfer to the prepared pan.
- Bake for 45 to 60 minutes in the preheated oven, or until very firm.
- To make the sauce: In a medium bowl, cream together 1 cup sweetener and 1 egg until smooth. Gradually mix in the melted margarine, and continue stirring to dissolve sweetener. If the sauce is difficult to blend, it may be heated gently, but be careful not to curdle the egg. Gradually stir in whiskey which should make the sauce creamy smooth.
- To serve: Allow pudding to cool completely, then cut into cubes, and place into individual heat-proof serving dishes.
- Pour sauce over, and heat under the broiler until golden, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:16.5, Inflammation Score:-3, Nutrition Score:4.941304354564%

Nutrients (% of daily need)

Calories: 179.69kcal (8.98%), Fat: 5.85g (9%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.71g (9.35%), Sugar: 9.83g (10.92%), Cholesterol: 11.55mg (3.85%), Sodium: 206.19mg (8.96%), Alcohol: 1.26g (100%), Alcohol %: 1.82% (100%), Protein: 4.27g (8.54%), Vitamin B1: 0.2mg (13.21%), Selenium: 8.1µg (11.58%), Vitamin B2: 0.18mg (10.44%), Folate: 30.15µg (7.54%), Phosphorus: 74.02mg (7.4%), Manganese: 0.14mg (7.24%), Calcium: 65.04mg (6.5%), Vitamin B3: 1.26mg (6.28%), Iron: 1.11mg (6.19%), Vitamin A: 242.94IU (4.86%), Potassium: 143.11mg (4.09%), Vitamin B12: 0.23µg (3.9%), Fiber: 0.93g (3.72%), Magnesium: 14.6mg (3.65%), Vitamin B6: 0.06mg (3.23%), Vitamin D: 0.47µg (3.14%), Zinc: 0.44mg (2.96%), Copper: 0.06mg (2.85%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.24mg (1.57%)