



Tummy-Yum Bread Pudding

 Vegetarian  Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

12

CALORIES

calories

281 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 2 ounce pineapple crushed canned
- ☐ 3 eggs beaten
- ☐ 16 ounce fruit cocktail canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup raisins dark

- ☐ 1 cup sugar
- ☐ 2 tablespoons vanilla extract
- ☐ 1.5 cups milk whole

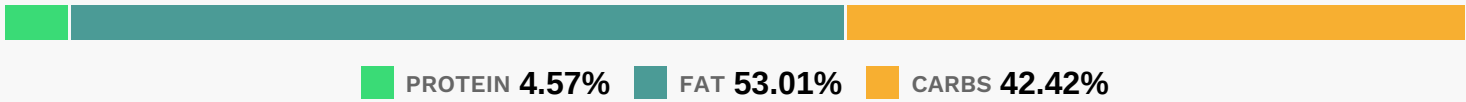
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat 350 degrees F.
- ☐ Tear each slice of bread into about 5 or 6 pieces and place in a large bowl. In a separate bowl, place the milk, sugar, butter, vanilla, cinnamon, nutmeg, and eggs.
- ☐ Mix well, until the sugar dissolves.
- ☐ Add the fruit cocktail, pineapple, pecans, and raisins, and then gently fold in the torn bread, making sure it soaks up the liquid ingredients.
- ☐ Pour equal amounts of the mixture into 2 greased 9 by 13-inch baking pans.
- ☐ Bake for 40 minutes, stirring once after 15 or 20 minutes. Stirring helps rich bread pudding bake evenly.
- ☐ Serve cold or hot, depending on the season and your mood.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:17.66, Inflammation Score:-5, Nutrition Score:5.0839130360147%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 280.73kcal (14.04%), Fat: 16.86g (25.94%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 30.36g (10.12%),
Net Carbohydrates: 29.02g (10.55%), Sugar: 24.56g (27.29%), Cholesterol: 44.58mg (14.86%), Sodium: 165.39mg
(7.19%), Alcohol: 0.75g (100%), Alcohol %: 0.74% (100%), Protein: 3.27g (6.54%), Manganese: 0.3mg (15.15%),
Vitamin A: 700.16IU (14%), Phosphorus: 77.81mg (7.78%), Vitamin B2: 0.13mg (7.53%), Selenium: 4.48µg (6.4%),
Copper: 0.12mg (5.82%), Calcium: 57.22mg (5.72%), Vitamin E: 0.83mg (5.51%), Fiber: 1.35g (5.39%), Potassium:
179.04mg (5.12%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.28µg (4.61%), Vitamin B6: 0.08mg (4.16%),
Magnesium: 15.77mg (3.94%), Vitamin D: 0.56µg (3.7%), Vitamin B5: 0.36mg (3.6%), Zinc: 0.53mg (3.53%), Iron:
0.61mg (3.37%), Folate: 7.93µg (1.98%), Vitamin C: 1.57mg (1.91%), Vitamin B3: 0.33mg (1.66%), Vitamin K: 1.33µg
(1.26%)