

Bread Pudding with Dried Fruit

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Servings: 8

*4 1/2 cups stale French Bread, torn
into large pieces, crust on*

1/2 cup raisins

1/2 cup dried apricots, chopped

4 eggs

2 1/2 cups whole milk

1/2 cup half-and-half

3/4 cup sugar

1 1/2 teaspoons vanilla extract

1 teaspoon cinnamon

1/4 teaspoon salt

FOR THE TOPPING

3 tablespoons sugar

1/2 teaspoon cinnamon

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

Butter a shallow two-quart baking dish.

Arrange the bread in the dish. Sprinkle the raisins and apricots on top.

In a large bowl, beat the eggs until frothy. Add the milk, half-and-half, sugar, vanilla, cinnamon and salt. Pour over the bread, pressing gently to submerge the slices.

Combine the topping ingredients. Sprinkle on the pudding.

Place a baking sheet with a two-inch rim in the oven. Set the baking dish on the sheet. Add water to a depth of one inch.

Bake for 50 minutes or until a toothpick inserted into the center comes out clean. Cool.

Serve with whipped cream, if desired.

Start to Finish Time: 1 hour 5 minutes

Per Serving (excluding unknown items): 225 Calories; 5g Fat (20.0% calories from fat); 6g Protein; 40g Carbohydrate; 1g Dietary Fiber; 116mg Cholesterol; 141mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	225
% Calories from Fat:	20.0%
% Calories from Carbohydrates:	69.2%
% Calories from Protein:	10.8%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	116mg
Carbohydrate (g):	40g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	141mg
Potassium (mg):	332mg
Calcium (mg):	118mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	808IU
Vitamin A (r.e.):	123RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	17mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1
Non-Fat Milk:	1/2
Fat:	1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	225	Calories from Fat: 45
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% Daily Values*

Total Fat	5g	8%
Saturated Fat	2g	12%
Cholesterol	116mg	39%
Sodium	141mg	6%
Total Carbohydrates	40g	13%
Dietary Fiber	1g	5%
Protein	6g	
Vitamin A		16%
Vitamin C		2%
Calcium		12%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.