

# Bread Pudding

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4 1/2 cups stale bread cubes  
1/2 cup raisins  
4 eggs  
2 cups milk  
1 cup half-and-half  
3/4 cup sugar  
1 1/2 teaspoons vanilla  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon salt

Preheat the oven to 350 degrees.

Butter a two-quart baking dish.

Scatter the bread cubes and raisins in the dish.

In a bowl, beat the eggs with the milk, half-and-half, sugar, vanilla, cinnamon, nutmeg and salt. Pour the mixture over the bread. Let sit for 30 minutes.

Set the baking dish into a larger pan and pour one inch of water into the pan.

Bake for one hour or until the center is just set.

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Per Serving (excluding unknown items): 1425 Calories; 37g Fat (22.9% calories from fat); 44g Protein; 236g Carbohydrate; 4g Dietary Fiber; 914mg Cholesterol; 1063mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 4 Fruit; 2 Non-Fat Milk; 4 1/2 Fat; 10 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	1425
% Calories from Fat:	22.9%
% Calories from Carbohydrates:	65.0%
% Calories from Protein:	12.0%
Total Fat (g):	37g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	914mg
Carbohydrate (g):	236g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	4.3mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	124mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	19
% Refuse:	0.0%

### Food Exchanges

Dietary Fiber (g): 4g  
 Protein (g): 44g  
 Sodium (mg): 1063mg  
 Potassium (mg): 1570mg  
 Calcium (mg): 757mg  
 Iron (mg): 6mg  
 Zinc (mg): 4mg  
 Vitamin C (mg): 8mg  
 Vitamin A (i.u.): 1604IU  
 Vitamin A (r.e.): 467RE

Grain (Starch): 0  
 Lean Meat: 3  
 Vegetable: 0  
 Fruit: 4  
 Non-Fat Milk: 2  
 Fat: 4 1/2  
 Other Carbohydrates: 10

## Nutrition Facts

### Amount Per Serving

Calories 1425      Calories from Fat: 327

### % Daily Values\*

<b>Total Fat</b>	37g	57%
Saturated Fat	17g	84%
<b>Cholesterol</b>	914mg	305%
<b>Sodium</b>	1063mg	44%
<b>Total Carbohydrates</b>	236g	79%
Dietary Fiber	4g	17%
<b>Protein</b>	44g	

<b>Vitamin A</b>	32%
<b>Vitamin C</b>	13%
<b>Calcium</b>	76%
<b>Iron</b>	36%

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