

# Tiramisu Bread Puddings

*All-Time Favorites 2012 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 8

*1 1/3 cups milk  
1 1/4 cups whipping cream  
2 tablespoons instant coffee crystals  
6 eggs, lightly beaten  
2/3 cup granulated sugar  
1/3 cup packed brown sugar  
2 teaspoons vanilla  
8 cups (about 12 slices) torn white bread slices  
1/3 cup powdered sugar  
CREAMY TOPPING  
3/4 cup whipping cream  
1 ounce cream cheese, softened  
1 tablespoon powdered sugar*

## Preparation Time: 25 minutes

### Bake: 30 minutes

Preheat the oven to 375 degrees.

In a large bowl, stir together the milk, whipping cream and coffee crystals until the coffee is dissolved. Reserve one tablespoon of the milk mixture and set aside.

Stir the eggs, sugars and vanilla into the milk mixture. Stir in the bread pieces until moistened. Evenly divide among eight ungreased six-ounce ramekins or custard cups, filling each almost full. Place on a 15x10x1-inch baking pan.

Bake for 30 minutes or until puffed, set and a knife inserted near the centers comes out clean. Transfer to a wire rack (puddings will fall slightly as they cool).

In a small bowl, combine the powdered sugar and reserved one tablespoon of the milk mixture. Stir until smooth. Drizzle over the bread pudding.

Prepare the Creamy Topping: In a mixing bowl, beat the whipping cream, cream cheese and powdered sugar on medium until soft peaks form. Place over the top of the bread pudding.

---

Per Serving (excluding unknown items): 422 Calories; 28g Fat (59.7% calories from fat); 8g Protein; 35g Carbohydrate; 0g Dietary Fiber; 250mg Cholesterol; 109mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	422
% Calories from Fat:	59.7%
% Calories from Carbohydrates:	33.2%
% Calories from Protein:	7.1%
Total Fat (g):	28g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	250mg
Carbohydrate (g):	35g
Dietary Fiber (g):	0g
Protein (g):	8g
Sodium (mg):	109mg
Potassium (mg):	193mg
Calcium (mg):	117mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1159IU
Vitamin A (r.e.):	333 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	23mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5
Other Carbohydrates:	2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	422	Calories from Fat: 252
-----------------	-----	------------------------

		% Daily Values*
<b>Total Fat</b>	28g	44%
Saturated Fat	16g	82%
<b>Cholesterol</b>	250mg	83%
<b>Sodium</b>	109mg	5%
<b>Total Carbohydrates</b>	35g	12%
Dietary Fiber	0g	0%
<b>Protein</b>	8g	
<b>Vitamin A</b>		23%
<b>Vitamin C</b>		1%
<b>Calcium</b>		12%
<b>Iron</b>		5%

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