

Pineapple Right-Side-Up Pudding

Paula Macri - Gattuso's Bella Cucina
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Servings: 9

4 tablespoons unsalted butter, softened
8 ounces deli White Mountain Bread, cubed
1/2 cup brown sugar
4 eggs (or one cup egg substitute)
1/2 teaspoon apple pie spice (or ground cinnamon)
1 can (20 ounce) crushed pineapple in juice, undrained
cooking spray
1 jar (6 ounce) maraschino cherries, drained

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

Cut the butter into small pieces. Place the pieces in a large bowl to soften. Cut the bread into one-inch pieces. Add the sugar to the butter. Beat with an electric mixer until well blended and fluffy.

Add the eggs, one at a time, until well blended (or add the egg substitute all at once). Stir in the spice and pineapple. Then stir in the bread until blended.

Coat a nine-inch baking dish with spray. Transfer the bread mixture to the dish. Place the cherries in rows on top of the bread mixture, pressing in slightly.

Bake for 25 to 30 minutes or until golden or the center is set.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 125 Calories; 5g Fat (36.1% calories from fat); trace Protein; 20g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 18mg Sodium. Exchanges: 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	125	Vitamin B6 (mg):	trace
% Calories from Fat:	36.1%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates: 63.2%
% Calories from Protein: 0.7%
Total Fat (g): 5g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 14mg
Carbohydrate (g): 20g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 18mg
Potassium (mg): 99mg
Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 203IU
Vitamin A (r.e.): 48 1/2RE

Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 2mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 125 Calories from Fat: 45

% Daily Values*

Total Fat 5g 8%
Saturated Fat 3g 16%
Cholesterol 14mg 5%
Sodium 18mg 1%
Total Carbohydrates 20g 7%
Dietary Fiber trace 2%
Protein trace

Vitamin A 4%
Vitamin C 4%
Calcium 2%
Iron 2%

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