

## Pudding, bread<sup>25</sup>

Number of Servings: 25 (120.57 g per serving)

Amount	Measure	Ingredient
20.00	ea	Bread, whole wheat, 100%, classic
2 1/4	tsp	Spice, cinnamon, ground
2/3	cup	Raisins, seedless, unpacked cup
13.00	ea	Eggs, whole, raw, lrg
5 1/2	cup	Milk, nonfat/skim, w/add vit A & D
5.00	tsp	Flavor, vanilla extract
2/3	cup	Sugar, white, granulated
1/4	tsp	Spice, nutmeg, ground
2 1/2	cup	Topping, whipped, lite, Cool Whip

### Nutrients per serving

Nutrition Facts	
Serving Size (121g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 110mg</b>	<b>37%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 13g	
<b>Protein 8g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

\* Prepare day before

YIELDS: 10 Servings

PAN SIZE: 2 Quart Baking Dish for each 10 servings

TEMPERATURE: 375° F. Oven

Potentially Hazardous Food. Food Safety Standards: Cool after baking to internal temperature of <40 degrees F. Serve refrigerated bread pudding chilled to <40 degrees F.

METHOD:

1. Heat oven to 375° F.
2. Combine bread cubes, raisins and cinnamon; mix well and place in a 2 quart dish.
3. Slightly beat eggs. Stir in sugar and vanilla. Beat until sugar is dissolved. Heat milk until hot and add to eggs, stirring constantly while adding; beat well. Pour over bread cubes and let soak for 5 minutes.
4. Sprinkle with nutmeg. Bake for 25 minutes or until knife blade in middle comes out clean.
5. Cut into # of servings recipe yield indicates. Top each piece with 1 1/2 T Cool Whip Lite.

Each piece = 24 grams carbohydrate = 1 1/2 Carb Serv

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