

Capriotada

Splenda.tastebook.com

Servings: 16

1 loaf (one pound) white sandwich bread, cut into one-inch pieces
4 tablespoons unsalted butter, melted
1 cup pecans, chopped
1/2 cup raisins
1/2 cup farmer cheese
1/3 cup Monterey Jack cheese, shredded
4 cups 1% milk
1 cup Splenda brown sugar blend
4 tablespoons unsalted butter, melted
3 large eggs
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 tablespoon fresh grated orange zest
1 1/2 teaspoons fresh grated lemon zest
2 tablespoons vanilla extract

Bake: 40 minutes

Preheat the oven to 350 degrees.

Coat a 13x9-inch baking dish with vegetable cooking spray.

Place the bread in a large bowl. Drizzle with four tablespoons of the butter and toss to coat. Place the bread in two large baking pans. Bake for 10 minutes, stirring once, until lightly toasted. Set aside to cool slightly. Maintain the oven temperature.

In a large bowl, combine the bread, pecans, raisins, farmer cheese and Monterey Jack cheese. Toss together.

In a large bowl, whisk together the milk, Splenda brown sugar blend, remaining four tablespoons of butter, eggs, cinnamon, cloves, orange zest, lemon zest and vanilla. Add the milk mixture to the bread mixture, stirring to combine. Let stand 10 minutes, stirring occasionally, until most of the liquid is absorbed. Spoon into the prepared dish.

Bake for 40 minutes or until a knife inserted in the center comes out clean.

Let stand 10 minutes before serving.

Per Serving (excluding unknown items): 163 Calories; 13g Fat (68.7% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 60mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 2 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	163	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	20.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	11mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	5
Cholesterol (mg):	60mg	% Refuse:	0.0%
Carbohydrate (g):	8g		
Dietary Fiber (g):	1g		
Protein (g):	4g		
Sodium (mg):	58mg		
Potassium (mg):	173mg		
Calcium (mg):	106mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	419IU		
Vitamin A (r.e.):	111 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 163 **Calories from Fat:** 112

% Daily Values*

Total Fat 13g	19%
Saturated Fat 5g	25%
Cholesterol 60mg	20%
Sodium 58mg	2%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	3%
Protein 4g	
Vitamin A	8%
Vitamin C	2%
Calcium	11%
Iron	3%

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