

Bread Pudding II

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

6 slices dry bread
2 cups milk
2 eggs, well beaten
3 tablespoons sugar
1 teaspoon vanilla
1 cup raisins

Preheat the oven to 350 degrees.

Break the bread into one-inch pieces and place into a greased casserole dish.

In a bowl, mix together the milk, eggs, sugar, vanilla and raisins. Pour the mixture over the bread.

Bake for 40 minutes.

Serve warm with whipped cream.

Per Serving (excluding unknown items): 1040 Calories; 27g Fat (22.3% calories from fat); 33g Protein; 177g Carbohydrate; 6g Dietary Fiber; 490mg Cholesterol; 397mg Sodium. Exchanges: 1 1/2 Lean Meat; 7 1/2 Fruit; 2 Non-Fat Milk; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1040
% Calories from Fat:	22.3%
% Calories from Carbohydrates:	65.4%
% Calories from Protein:	12.3%
Total Fat (g):	27g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	490mg
Carbohydrate (g):	177g
Dietary Fiber (g):	6g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	77mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 33g
Sodium (mg): 397mg
Potassium (mg): 1963mg
Calcium (mg): 706mg
Iron (mg): 5mg
Zinc (mg): 3mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 1114IU
Vitamin A (r.e.): 327RE

Lean Meat: 1 1/2
Vegetable: 0
Fruit: 7 1/2
Non-Fat Milk: 2
Fat: 3 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 1040 **Calories from Fat:** 232

% Daily Values*

Total Fat 27g 41%
 Saturated Fat 13g 67%
Cholesterol 490mg 163%
Sodium 397mg 17%
Total Carbohydrates 177g 59%
 Dietary Fiber 6g 23%
Protein 33g

Vitamin A 22%
Vitamin C 16%
Calcium 71%
Iron 28%

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