

# Bread Pudding with Lemon Sauce

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

## Servings: 10

3 eggs  
1 1/4 cups sugar  
1 1/2 teaspoons vanilla  
1 1/4 teaspoons ground nutmeg  
1 1/4 teaspoons ground cinnamon  
1/4 cup butter, melted  
2 cups milk  
1/2 cup raisins  
16 slices white bread, disced  
2 tablespoons lemon juice  
1/4 cup sugar  
1 teaspoon vanilla  
2 teaspoons cornstarch  
1/4 cup water  
3 cups cream  
1 teaspoon brandy  
1 teaspoon vanilla  
1/4 cup sugar  
2 tablespoons sour cream

Preheat the oven to 350 degrees.

Beat the eggs on high speed with an electric mixer for about 3 minutes. Add 1-1/4 cups sugar, 1-1/2 teaspoons vanilla, nutmeg, cinnamon and melted butter. Beat until well blended. Beat in the milk. Stir in the raisins.

Place the diced bread in a 13x9-inch greased pan. Pour the egg mixture over the bread and toss until evenly mixed. Let stand for 45 minutes, pressing the bread into the liquid occasionally.

Place the pan in the oven. Reduce the heat to 300 degrees and bake for 40 minutes.

Increase the heat to 325 degrees. Bake until browned and puffed, about 15 to 20 minutes.

In a saucepan, combine the lemon juice, 1/4 cup sugar and 1 teaspoon vanilla. In a bowl, dissolve the cornstarch in 1/4 cup of water. Add the cornstarch to the saucepan. Boil for 1 minute over high heat, stirring constantly. Place the sauce in a bowl. Pour over the bread pudding.

In a cold mixer bowl, beat the cream, brandy, and vanilla for 1 minute on medium speed. Gradually add the remaining sugar and sour cream. Beat until stiff. Serve over the bread pudding.

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Per Serving (excluding unknown items): 548 Calories; 28g Fat (45.2% calories from fat); 9g Protein; 67g Carbohydrate; 1g Dietary Fiber; 147mg Cholesterol; 337mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 5 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	548	Vitamin B6 (mg):	.1mg
% Calories from Fat:	45.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	48.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	28g	Folacin (mcg):	26mcg
Saturated Fat (g):	16g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	6
Cholesterol (mg):	147mg	% Daily Value:	0.0%
Carbohydrate (g):	67g		
Dietary Fiber (g):	1g		
Protein (g):	9g		
Sodium (mg):	337mg		
Potassium (mg):	291mg		
Calcium (mg):	187mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	1008IU		
Vitamin A (r.e.):	256RE		

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

<b>Calories</b>	548	Calories from Fat:	248
<b>% Daily Values*</b>			
<b>Total Fat</b>	28g		43%
Saturated Fat	16g		81%
<b>Cholesterol</b>	147mg		49%
<b>Sodium</b>	337mg		14%
<b>Total Carbohydrates</b>	67g		22%
Dietary Fiber	1g		6%
<b>Protein</b>	9g		
<b>Vitamin A</b>			20%
<b>Vitamin C</b>			5%
<b>Calcium</b>			19%
<b>Iron</b>			10%

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