

# Gala Bread Pudding

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 6

8 slices cinnamon-raisin bread  
1 can (13 ounce) evaporated milk  
3 large apples, peeled, cored and diced  
1/2 cup sugar  
1 1/2 teaspoons ground nutmeg  
1 tablespoon vanilla extract  
2/3 cup raisins  
2 eggs, well beaten  
1/2 cup butter or margarine, melted

Preheat the oven to 375 degrees.

Break the bread into small bite-size pieces.  
Place in a greased eight-inch square baking dish.

Pour the evaporated milk over the bread and let stand for 5 to 10 minutes to soak.

Add the apples, sugar, nutmeg, vanilla and raisins. Mix well. Fold in the eggs. Carefully, fold in the melted butter.

Bake for 50 minutes.

Cool for 45 minutes before serving.

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Per Serving (excluding unknown items): 512 Calories; 21g Fat (37.1% calories from fat); 10g Protein; 72g Carbohydrate; 4g Dietary Fiber; 124mg Cholesterol; 359mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	512	Vitamin B6 (mg):	.1mg
% Calories from Fat:	37.1%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	55.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	21g	Folacin (mcg):	15mcg
Saturated Fat (g):	12g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	6

<b>Cholesterol (mg):</b>	124mg
<b>Carbohydrate (g):</b>	72g
<b>Dietary Fiber (g):</b>	4g
<b>Protein (g):</b>	10g
<b>Sodium (mg):</b>	359mg
<b>Potassium (mg):</b>	356mg
<b>Calcium (mg):</b>	137mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	5mg
<b>Vitamin A (i.u.):</b>	864IU
<b>Vitamin A (r.e.):</b>	201RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	2
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	1 1/2
<b>Non-Fat Milk:</b>	1/2
<b>Fat:</b>	4
<b>Other Carbohydrates:</b>	1

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 512      Calories from Fat: 190

### % Daily Values\*

<b>Total Fat</b> 21g	33%
Saturated Fat 12g	61%
<b>Cholesterol</b> 124mg	41%
<b>Sodium</b> 359mg	15%
<b>Total Carbohydrates</b> 72g	24%
Dietary Fiber 4g	16%
<b>Protein</b> 10g	

<b>Vitamin A</b>	17%
<b>Vitamin C</b>	9%
<b>Calcium</b>	14%
<b>Iron</b>	5%

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