

Ruth's Steak House Bread Pudding

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2 eight-ounce loaves French bread, cut into 1/2-inch cubes, toasted
1 quart milk
1 quart half-and-half, fat free
12 eggs, beaten
2 1/2 cups sugar
1 cup light brown sugar
2 sticks sweet butter
1 cup raisins
1 apple, peeled, cored and cut into 1/2-inch dice
1 tablespoon cinnamon
1/2 teaspoon nutmeg
1 pinch salt
2 tablespoons vanilla extract
2 tablespoons bourbon
vanilla ice cream (as needed)

Preheat the oven to 375 degrees.

In a bowl, combine the sugars. Divide in half. Add the cinnamon, eggs, vanilla, bourbon and salt to one-half of the sugar mixture.

In a saucepan, combine the milk, half-and-half and butter with the remaining half of the sugar mixture. Bring to a boil.

Whisk the milk mixture into the egg mixture. Add the raisins and apple. Add the bread cubes. Let stand until soaked through to the center.

Stir in a few raisins from the bottom and sprinkle a few on top. Pour into a buttered baking dish (10x3x3-inch).

Bake for 45 minutes.

Serve warm with vanilla ice cream.

Per Serving (excluding unknown items): 7777 Calories; 121g Fat (14.6% calories from fat); 193g Protein; 1407g Carbohydrate; 41g Dietary Fiber; 2677mg Cholesterol; 8016mg Sodium. Exchanges: 31 Grain(Starch); 9 1/2 Lean Meat; 9 Fruit; 11 Non-Fat Milk; 16 Fat; 43 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	7777	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	14.6%	Vitamin B12 (mcg):	11.3mcg
% Calories from Carbohydrates:	75.1%	Thiamin B1 (mg):	5.8mg

% Calories from Protein: 10.3%
 Total Fat (g): 121g
 Saturated Fat (g): 45g
 Monounsaturated Fat (g): 43g
 Polyunsaturated Fat (g): 16g
 Cholesterol (mg): 2677mg
 Carbohydrate (g): 1407g
 Dietary Fiber (g): 41g
 Protein (g): 193g
 Sodium (mg): 8016mg
 Potassium (mg): 5106mg
 Calcium (mg): 2471mg
 Iron (mg): 43mg
 Zinc (mg): 19mg
 Vitamin C (mg): 24mg
 Vitamin A (i.u.): 4280IU
 Vitamin A (r.e.): 1240RE

Riboflavin B2 (mg): 7.6mg
 Folic Acid (mcg): 1212mcg
 Niacin (mg): 46mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 145
 % Daily Value

Food Exchanges

Grain (Starch): 31
 Lean Meat: 9 1/2
 Vegetable: 0
 Fruit: 9
 Non-Fat Milk: 11
 Fat: 16
 Other Carbohydrates: 43

Nutrition Facts

Amount Per Serving

Calories 7777 Calories from Fat: 1133

% Daily Values*

Total Fat	121g	186%
Saturated Fat	45g	227%
Cholesterol	2677mg	892%
Sodium	8016mg	334%
Total Carbohydrates	1407g	469%
Dietary Fiber	41g	163%
Protein	193g	
Vitamin A		86%
Vitamin C		40%
Calcium		247%
Iron		241%

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