

Old Fashioned Bread Pudding

Yield 6 servings
Cooking time 25 minutes
Total time 25 minutes

Ingredients

5 slices	bread, white or wheat
2 tablespoons	margarine or butter
1/4 teaspoon	cinnamon
1/3 cup	sugar, white or brown
1/2 cup	raisins
3	egg (or 1 egg + 2 egg whites)
1 1/2 cup	non-fat milk
1/4 teaspoon	salt
1 teaspoon	vanilla extract

Instructions

1. Spread one side of bread with margarine or butter. Sprinkle with cinnamon.
2. Cut into 1-inch cubes.
3. In lightly sprayed casserole dish, combine bread, sugar, and raisins. Then follow microwave or oven method below.

Microwave method:

1. In bowl, blend eggs, milk, salt and vanilla. Pour liquid over bread mixture; lightly blend.
2. Cover, microwave on HIGH for 5 minutes. Turn dish 1/4 turn. Microwave on HIGH for 3-5 minutes longer (pudding is done when edges are firm and center is almost set).
3. Let sit covered for 10 minutes before serving. Serve warm or cold. Refrigerate leftovers.

Oven method:

1. Preheat oven to 350 degrees. In bowl, blend eggs, 2 cups (instead of 1 1/4 cups for microwaving) milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
2. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).
3. Serve warm or cold. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1/2 cup, 1/6 of recipe (139g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0.5g	
Cholesterol 95mg	32%
Sodium 300mg	13%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 8g	
Vitamin A 6%	• Vitamin C 2%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cost

Per recipe: \$2.68

Per serving: \$0.44

Source

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 1, 2000