

Whole Wheat Bread Pudding

Makes
24 servings

Prep time
30 minutes

Cook time
40 minutes

Ingredients:

- 1 can (15 oz.) fruit cocktail in juice, rinsed and drained
- ½ cup white sugar
- 1 tsp. cinnamon
- ½ cup chopped nuts, i.e. pecans or walnuts (*optional*)
- 6 cups whole wheat bread, cubed
- 3 large eggs
- 2 cups non-fat or low-fat milk
- 1 tsp. pure vanilla extract
- ½ tsp. salt
- 2 Tbsp. butter, unsalted
- ¼ cup brown sugar
- ½ cup raisins or other dried fruit

Nutrition Facts

24 servings per container
Serving size 1/2 cup / 1 slice (76g)

Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 6g Added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 133mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a large bowl, combine fruit, sugar, cinnamon, and optional chopped nuts. Mix well. Add cubed bread to mixture and combine well. Set aside.
2. In a separate bowl, whisk together eggs, milk, vanilla extract, and salt. Pour egg mixture over bread mixture and combine well.
3. Refrigerate for 30 minutes to allow bread to properly soak up all ingredients.
4. Preheat oven to 350°F. Lightly coat a 13" x 9" pan with butter or cooking spray. After allowing mixture to sit, bake for 40 minutes, or until egg has set.
5. Meanwhile, in a small saucepan over low-medium heat, combine butter and sugar and cook until dissolved.
6. Remove from heat, add dried fruit, and stir. Pour over bread pudding.
7. Cut into slices and serve hot.

