



Pumpkin Bread Pudding

By Andrea Anderson, RDN, CD, CDE

Servings: 12

($\frac{3}{4}$ c. or one-twelfth of the recipe per person)

Ingredients	Nutrient value per serving
5 large eggs 1 (15-oz.) can pumpkin puree 1½ c. half-and-half 1½ c. low-fat milk ½ c. brown sugar ½ c. sugar ¼ t. salt 1 t. cinnamon ¼ t. ground cloves ½ t. ground ginger 2 t. vanilla 8 c. white bread, cut into ½-in. pieces	Exchanges 1 ½ starch 1 fat 1 other carbs Calories212 Calories from Fat.....57 Total Fat.....6 g Saturated Fat3 g Cholesterol.....90 mg Sodium.....228 mg Carbohydrate32 g Fiber.....2 g Sugar 20 g Protein.....7 g
Instructions	Notes
<ol style="list-style-type: none"> Combine and mix all ingredients except the bread in a large bowl. Lightly coat a 9 x 13 in. baking pan with cooking spray. Add the bread, and then pour the pumpkin mixture on top. Cover and refrigerate for 1 hr. Preheat oven to 350°F. Take baking dish out of the refrigerator, and gently stir and press the bread to absorb any of the extra mixture. Bake for 1 hr. Serve warm, but not hot. 	Prep time: 15 min.; 1 hr. to chill Bake time: 1 hr. This simple dessert is the perfect end to any holiday meal and can even be served at brunch the next morning. Store any leftovers in the refrigerator. <i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i> <i>For simplicity's sake, count other carbohydrates (other carbs) as starches.</i>