BREAD PUDDING WITH VANILLA SAUCE

SERVES 6

INGREDIENTS

1 tablespoon butter or margarine
5 slices whole wheat bread
3 eggs
1/3 cup sugar
Pinch of salt
2 cups nonfat milk, warmed
1 teaspoon vanilla
1/4 cup raisins
1 teaspoon cinnamon and/or nutmeg

Vanilla sauce (optional):
1 tablespoon cornstarch
1/3 cup sugar
1 cup water
1 tablespoon margarine or butter
1 1/2 teaspoons vanilla extract

DIRECTIONS

1. Melt butter in medium size skillet.
2. Tear bread in pieces and spread on bottom of skillet.
4. Sprinkle raisins over bread. Pour egg mixture over all.
5. Cover and cook over very low heat for 20 minutes.
6. Pudding is done when custard is set in the middle.
7. Remove from heat and allow to cool in the skillet.
8. Prepare vanilla sauce while pudding cools:
   a. Combine cornstarch and sugar in a small saucepan. Gradually add water, stirring well.
   b. Cook until thick and clear, stirring constantly.
   c. Add margarine and vanilla, stirring until margarine melts.
9. Spoon sauce over individual servings of bread pudding.

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NUTRITION INFORMATION:

(with sauce)

Nutrition Facts

Serving Size: 0.50 cup(s) (108g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>329</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6.4g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.4g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.7g</td>
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<tr>
<td>Cholesterol</td>
<td>4.4mg</td>
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<tr>
<td>Sodium</td>
<td>442.0mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Vitamin C</td>
<td>2%</td>
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<tr>
<td>Iron</td>
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SNAP-ED

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