

Pineapple Upside Down Bread Pudding

Serving Size: 1/8 of recipe

Serves: 8

Ingredients

10 slices left over wheat bread, rolls, etc.

$\frac{3}{4}$ cup margarine, melted

3 eggs

$\frac{1}{2}$ cup egg substitute

2 cups fat free half & half

$2\frac{1}{2}$ cups fresh pineapple or 1 - 20 oz can tidbits, drained

$\frac{1}{4}$ cup raisins

$\frac{1}{4}$ cup unsalted walnuts, chopped

$\frac{1}{2}$ cup sugar

$1\frac{1}{2}$ teaspoons vanilla extract

$\frac{3}{4}$ teaspoons ground cinnamon

Directions

Cut or tear bread into 1-inch pieces. Toss with melted margarine; set aside. In a bowl, beat eggs and egg substitute until thick and frothy. Add the half & half, pineapple, raisins, walnuts, sugar and vanilla; mix well. Fold in the bread pieces until coated.

Pour into a greased baking dish. Sprinkle with cinnamon. Cover and bake at 350 degrees for 30-35 minutes or until bubbly and golden brown. Serve warm.

Exchanges per serving:

2 Carbohydrate Choices, 1 MF Meat, 1 Fruit, 3 Fats

Nutrients per serving:

Calories: 423

Calories from fat: 207

Total Fat: 23g

Saturated Fat: 5g

Cholesterol: 72mg

Sodium: 421mg

Carbohydrate: 46g

Dietary Fiber: 2g

Protein: 10g