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Apple Bread Pudding

Ingredients:

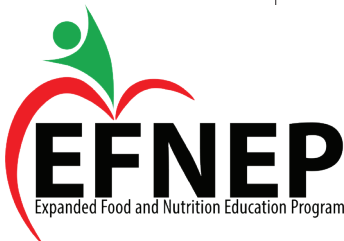
- 6 slices whole grain bread, cubed
- 1 1/2 cups unsweetened applesauce
- 1/4 teaspoon cinnamon, divided
- 1 medium apple, chopped
- 2 Tablespoons butter
- 2 cups 1% milk
- 1/3 cup sugar
- 2 eggs, slightly beaten
- 1 teaspoon vanilla extract
- vegetable oil spray

Makes 9 servings - 26% calories from fat

Instructions:

1. Spray 8x8x2 inch baking pan with vegetable oil spray.
2. Layer pan with half of the bread cubes.
3. Mix applesauce with 1/8 teaspoon cinnamon, & spread over cubes. Top with apple pieces.
4. Layer remaining bread cubes. Dot with butter.
5. Combine milk, sugar, eggs, vanilla: pour over bread mixture. Sprinkle remaining 1/8 teaspoon of cinnamon on top.
6. Bake uncovered in 350 degree F preheated oven 55-60 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 9	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 135mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 6g	
Vitamin A 6%	• Vitamin C 2%
Calcium 10%	• Iron 4%
*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	



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