

Farm Market

Pecan, Date & Pumpkin Bread Pudding



Ingredients:

- 5 large eggs
- 3 large egg whites
- 3½ cups whole milk
- ¾ cup light brown sugar
- 1 tablespoon vanilla extract
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon salt
- 1 cup canned pumpkin puree
- 12 pitted dates, chopped
- 8 cups day-old whole-wheat bread cubes (½-inch)
- ½ cup chopped pecans, toasted

Directions:

1. Whisk eggs and egg whites in a large bowl. Whisk in milk, brown sugar, vanilla, pumpkin pie spice and salt until combined. Add pumpkin and dates and stir until incorporated. Add bread and stir until combined. Let stand for 30 minutes, pressing the bread down into the liquid a few times to help it absorb the custard.
2. Preheat oven to 350°F. Coat a shallow 3-quart baking dish with cooking spray.
3. Transfer the pudding mixture to the prepared pan. Coat a piece of foil with cooking spray and cover the pan with it, sprayed-side down.
4. Bake for 30 minutes. Uncover, sprinkle with pecans and continue baking until puffed and firm to the touch, 25 to 30 minutes more. Let cool for 15 minutes before serving.

Tip: Make Ahead Tip: Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand at room temperature for about 20 minutes before baking.

Nutrition Facts:

Serving Size: about ¾ cup
281.9 calories; protein 11.3g 23% DV;
carbohydrates 40.5g 13% DV; exchange other
carbs 2.5; dietary fiber 3.8g 15% DV; sugars
23.5g; fat 8.7g 13% DV; saturated fat 2.6g
13% DV; cholesterol 84.6mg 28% DV; vitamin
a iu 3410IU 68% DV; vitamin c 1mg 2% DV;
folate 34.3mcg 9% DV; calcium 177.6mg 18%
DV; iron 1.9mg 11% DV; magnesium 53mg
19% DV; potassium 353.1mg 10% DV; sodium
299.6mg 12% DV; thiamin 0.2mg 23% DV;
added sugar 15g.

Exchanges: 1 starch, 1 other carbohydrate, ½
medium-fat meat, 1 fat