

# Apple-Bread Pudding

Fruit

Desserts

B-01C

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 qt 1 ½ cups		2 qt 3 cups	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
Vanilla		2 Tbsp		¼ cup	
Frozen whole eggs, thawed	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
OR Fresh large eggs		OR 7 each		OR 14 each	
Frozen egg whites, thawed	4 oz	½ cup	8 oz	1 cup	3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray place 1 ½ oz (1 ½ cups) soft bread cubes. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Distribute 15 oz (3 ¾ cups) apples over soft bread cubes in each pan. Pour 2 lb 4 oz (1 qt) of liquid into each pan. Sprinkle nutmeg (optional) on top.
OR Fresh large egg whites		OR 3 each		OR 6 each	
Enriched soft bread cubes	3 oz	3 cups	6 oz	1 qt 2 cups	
*Fresh apples, diced apples, peeled	1 lb 14 oz	1 qt 3 ½ cups	3 lb 12 oz	3 qt 3 cups	
OR Canned apples, solid packed, drained	OR 3 lb 9 oz	OR 1 qt 3 ½ cups ( ⅔ No. 10 can)	OR 7 lb 2 oz	OR 3 qt 3 cups (1 ⅓ No. 10 can)	4. Set pan in a larger shallow pan. Pour hot water around the dish to a product depth of 1". 5. Bake until knife inserted in center of custard comes out clean. Conventional oven: 350° F for 1 hour 25 minutes Convection oven: 300° F for 1 hour 20 minutes
Ground nutmeg (optional)		1 tsp		2 tsp	
					CCP: Heat to 160° F or higher.

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6. CCP Hold for hot service at 140° F or warmer.  
OR  
CCP: Refrigerate within 2 hours. Hold at 40° F or colder.  
Refrigerate until ready to serve.  
Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Apples	2 lb 7 oz	4 lb 14 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 1/8 cup fruit.	<b>24 Servings:</b> 24 pieces <b>48 Servings:</b> 48 pieces	<b>24 Servings:</b> 2 pans <b>48 Servings:</b> 4 pans
Edited 2014		

## Nutrients Per Serving

<b>Calories</b>	112	<b>Saturated Fat</b>	0.84 g	<b>Iron</b>	0.41 mg
<b>Protein</b>	4.48 g	<b>Cholesterol</b>	63 mg	<b>Calcium</b>	82 mg
<b>Carbohydrate</b>	18.33 g	<b>Vitamin A</b>	218 IU	<b>Sodium</b>	171 mg
<b>Total Fat</b>	2.25 g	<b>Vitamin C</b>	0.6 mg	<b>Dietary Fiber</b>	0.8 g