Calories 165Kcal 8%

Cholestrol 79mg 26%

Fiber 0.7g 3%

Sodium 140mg 6%

Carbohydrates 26.5g 9%

Fat 4.8 g 7%

Protein 4.6g 9%

6 slices day-old bread

2 tablespoons butter, melted

1/2 cup raisins (optional)

4 eggs, beaten

2 cups milk

3/4 cup white sugar

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

History

Bread puddings date back centuries. For the vast majority of human history, most people could not afford to waste food, so a number of uses for stale bread were invented. In addition to bread pudding, cooks also used stale bread to make stuffing, thickeners and edible serving containers. Although the Romans did use eggs as binding agents in various recipes, custard was not invented until the Middle Ages, so early bread puddings were probably made simply from milk, stale bread, fat and perhaps a sweetener. Bread puddings were not only made by the Romans. Ancient versions of bread pudding include Om Ali, an Egyptian dessert made from bread, milk or cream, raisins and almonds; Eish es Serny, a Middle Eastern dish made from dried bread, sugar, honey syrup, rosewater and caramel; and Shahi Tukra, an Indian dish made from bread, ghee, saffron, sugar, rosewater and almonds.

Bread puddings have remained popular throughout the ages. Today, bread puddings are not as common as they used to be, but they are still frequently consumed in the United Kingdom, the southern United States, Mexico, Argentina, Puerto Rico, Belgium and France.