



## Warm Bread Pudding

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 304g, Protein 4g, Carbohydrates 27g  
Fat 20g, Cholesterol 72mg, Sodium 196mg, Potassium 118mg  
Phosphorus 85mg, Calcium 36mg, Fiber 0.7g

**Renal and Renal Diabetic Food choices:** 1/2 meat , 1 starch , 1/2 nondairy

### PREPARATION

1. Preheat oven to 325° F.
2. Spray an 8" round baking dish with nonstick cooking spray.
3. In a large mixing bowl, beat eggs and egg whites until foamy. Beat in almond milk, honey, vanilla, and rum or rum extract.
4. Cut bread into cubes and stir into egg mixture. Pour into the prepared baking dish.
5. Bake for 35 to 40 minutes or until a knife inserted near the center comes out clean.
6. To serve, spoon warm pudding into dessert dishes.

**Portions:** 6

**Serving size:** 1/2 cup

**Carbohydrate Choices:** 1

### INGREDIENTS

2 large	eggs
2 egg	Whites
1-1/2 cups	Almond milk
2 tsp	Honey
1 tsp	Vanilla
2 tsp	Rum or 1 teaspoon rum extract
4 slices	Raisin bread

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

