



Almond Bread Pudding with Salted Caramel Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 3 tablespoons almonds sliced
- ☐ 1 cup blanched almonds and whole
- ☐ 0.1 teaspoon cream of tartar
- ☐ 10 servings crème fraîche
- ☐ 4 large egg yolk
- ☐ 3 large eggs

- ☐ 1.3 cups half and half
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 10 servings powdered sugar
- ☐ 2 tablespoons sugar raw
- ☐ 0.8 cup sugar
- ☐ 0.5 vanilla pod split

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ cake form
- ☐ aluminum foil

Directions

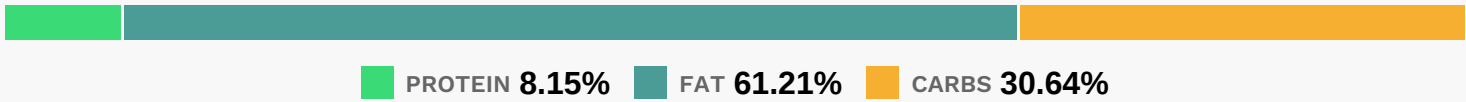
- ☐ Preheat oven to 350°F.
- ☐ Spread out almonds on a rimmed bakingsheet; toast, tossing halfway through, until beginning to brown, 12–15 minutes.
- ☐ Let cool.
- ☐ Transfer cooled almonds to a foodprocessor.
- ☐ Add butter, almond extract, ifusing, and salt, and process until mixtureis the texture of coarsely ground peanutbutter. Set aside.
- ☐ Whisk sugar, cream oftartar, and 3 tablespoons water in a mediumsaucepan. Bring to a boil over medium–highheat, stirring to dissolve sugar. Cook,without stirring, until mixture beginsto caramelize in spots. Using a heatproofspatula, stir mixture to ensure even caramelization.

Cook, stirring occasionally, until mixture is the color of honey, 10–12 minutes. Reduce heat to medium–low and continue to cook, stirring occasionally, until caramel is a deep amber color, about 5 minutes longer.

- ☐ Remove caramel from heat; carefully whisk in butter (mixture will bubble vigorously), then cream and salt.
- ☐ Let cool slightly in pan, then pour into a small bowl. DO AHEAD: Caramel sauce can be made 2 weeks ahead.
- ☐ Let cool completely, cover, and chill. Rewarm before using.
- ☐ Combine half-and-half and cream in a medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a simmer over medium–high heat; remove from heat.
- ☐ Whisk egg yolks, eggs, sugar, and salt in a medium bowl to blend. Gradually whisk hot cream mixture into egg mixture. Cover custard with plastic wrap and let stand for 30 minutes for flavors to meld. Strain custard into a large bowl; discard vanilla bean.
- ☐ Preheat oven to 350°F. Butter cake pan; set aside. Using biscuit cutter, cut out circles from each slice of bread, reserving scraps. Arrange bread scraps in pan in an even layer and press lightly to compact.
- ☐ Spread each bread round with almond butter (you will have a little left over; save to spread on toast for breakfast).
- ☐ Place all but 1 bread round almond butter side down in pan (on top of scraps), overlapping slightly to create a shingled circle.
- ☐ Place the last round in the center (bread will come about 3/4"–1" above rim of pan).
- ☐ Pour custard evenly over bread.
- ☐ Sprinkle with almonds and raw sugar.
- ☐ Place cake pan in a large roasting pan.
- ☐ Pour hot water into roasting pan to come halfway up the sides of cake pan. Cover roasting pan with foil, tenting slightly in center if needed to avoid touching bread.
- ☐ Bake pudding until top no longer jiggles but center is not quite set, 25–30 minutes.
- ☐ Remove foil from pan and increase oven temperature to 375°F.
- ☐ Bake pudding until custard is set in the center and top is golden brown and crisp, about 25 minutes longer.
- ☐ Remove cake pan from roasting pan.
- ☐ Let cool slightly. Dust pudding with powdered sugar. Slice into wedges.

Place on plates,drizzle caramel sauce over and top witha dollop of crème fraîche.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:10.5, Inflammation Score:-5, Nutrition Score:9.5465217232704%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 398.42kcal (19.92%), Fat: 27.92g (42.96%), Saturated Fat: 11.91g (74.43%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 29.84g (10.85%), Sugar: 28.52g (31.69%), Cholesterol: 180.52mg (60.17%), Sodium: 115.72mg (5.03%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 8.37g (16.73%), Vitamin E: 4.46mg (29.76%), Vitamin B2: 0.37mg (21.57%), Phosphorus: 185.92mg (18.59%), Selenium: 11.38µg (16.26%), Vitamin A: 799.13IU (15.98%), Manganese: 0.31mg (15.51%), Magnesium: 50.11mg (12.53%), Calcium: 119.43mg (11.94%), Copper: 0.19mg (9.27%), Vitamin D: 1.14µg (7.62%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.69mg (6.9%), Folate: 27.24µg (6.81%), Vitamin B12: 0.4µg (6.61%), Fiber: 1.61g (6.45%), Potassium: 223.17mg (6.38%), Iron: 1.05mg (5.81%), Vitamin B6: 0.1mg (4.91%), Vitamin B1: 0.07mg (4.36%), Vitamin B3: 0.62mg (3.11%), Vitamin K: 1.62µg (1.54%)