



Almond Bread Pudding with Salted Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



529 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 3 tablespoons almonds sliced
- ☐ 1 cup blanched almonds and whole
- ☐ 1 pound egg bread loaf – crusts cut into 3/4"-thick slices (10-12 slices)
- ☐ 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

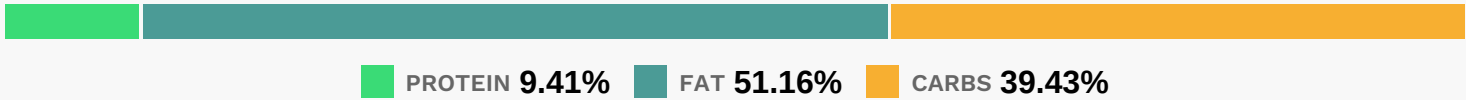
Directions

- ☐ 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 of tartar, and 3 tablespoons water in a medium saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Cook, without stirring, until mixture begins to caramelize in spots. Using a heatproof spatula, 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 with a dollop of crème fraîche.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:10.5, Inflammation Score:-6, Nutrition Score:14.633478094702%

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: 528.6kcal (26.43%), Fat: 30.64g (47.14%), Saturated Fat: 12.63g (78.93%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 50.48g (18.36%), Sugar: 29.32g (32.58%), Cholesterol: 203.66mg (67.89%), Sodium: 288.09mg (12.53%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 12.68g (25.35%), Selenium: 25.03µg (35.76%), Vitamin B2: 0.56mg (33.21%), Vitamin E: 4.58mg (30.55%), Manganese: 0.54mg (26.85%), Phosphorus: 234mg (23.4%), Folate: 74.87µg (18.72%), Vitamin A: 894.84IU (17.9%), Vitamin B1: 0.26mg (17.61%), Calcium: 161.62mg (16.16%), Magnesium: 58.73mg (14.68%), Vitamin B3: 2.82mg (14.11%), Iron: 2.42mg (13.47%), Copper: 0.26mg (12.95%), Fiber: 2.66g (10.62%), Zinc: 1.41mg (9.37%), Vitamin D: 1.32µg (8.83%), Vitamin B5: 0.82mg (8.18%), Potassium: 275.34mg (7.87%), Vitamin B12: 0.44µg (7.36%), Vitamin B6: 0.13mg (6.36%), Vitamin K: 2.03µg (1.93%)