



Apple Bread Pudding with Warm Butter Sauce

READY IN



140 min.

SERVINGS



12

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 4 eggs whole
- ☐ 1 egg yolk
- ☐ 0.8 cup granulated sugar
- ☐ 2.5 cups milk
- ☐ 2.5 cups whipping cream
- ☐ 1 tablespoon vanilla
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups apples cubed peeled
- ☐ 12 oz bread french firm cut into 1/2-inch slices, then cut into 1 1/2-inch pieces (10 cups)

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup butter
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup frangelico

Equipment

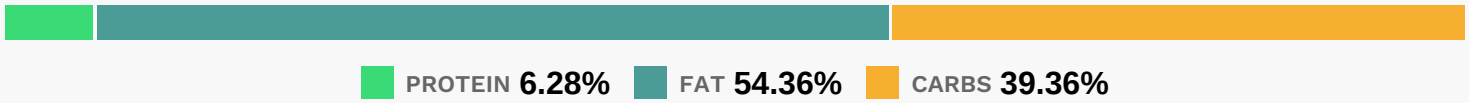
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, beat 4 whole eggs, 1 egg yolk and 3/4 cup granulated sugar with wire whisk until well blended. Beat in milk, whipping cream, vanilla and 1 teaspoon cinnamon until well blended. Stir in apples and 7 cups of the bread pieces.
- ☐ Let stand 20 minutes.
- ☐ Pour apple mixture into baking dish. Lightly press remaining 3 cups bread pieces on top of mixture in baking dish.
- ☐ Brush top of bread with melted butter. In small bowl, mix 2 tablespoons granulated sugar and 1/2 teaspoon cinnamon; sprinkle over top.
- ☐ Bake 55 to 65 minutes or until top is puffed and light golden brown (center will jiggle slightly). Cool 30 minutes.

- ☐ In 1-quart saucepan, heat sauce ingredients to boiling over high heat, stirring constantly, just until butter is melted and sauce is hot.
- ☐ Serve warm bread pudding with sauce.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:24.84, Inflammation Score:-7, Nutrition Score:10.220000127087%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 524.66kcal (26.23%), Fat: 32.21g (49.55%), Saturated Fat: 15.13g (94.53%), Carbohydrates: 52.46g (17.49%), Net Carbohydrates: 50.69g (18.43%), Sugar: 39.57g (43.96%), Cholesterol: 132.89mg (44.3%), Sodium: 302.67mg (13.16%), Alcohol: 0.37g (100%), Alcohol %: 0.22% (100%), Protein: 8.38g (16.75%), Vitamin A: 1346.4IU (26.93%), Selenium: 16.22µg (23.16%), Manganese: 0.41mg (20.28%), Vitamin B2: 0.32mg (19.12%), Phosphorus: 157.16mg (15.72%), Calcium: 156.08mg (15.61%), Vitamin D: 1.73µg (11.51%), Vitamin B1: 0.17mg (11.22%), Folate: 36.01µg (9%), Vitamin B12: 0.53µg (8.76%), Vitamin B3: 1.72mg (8.6%), Vitamin B5: 0.85mg (8.54%), Iron: 1.49mg (8.29%), Vitamin E: 1.14mg (7.58%), Fiber: 1.77g (7.07%), Potassium: 227.78mg (6.51%), Magnesium: 25.53mg (6.38%), Vitamin B6: 0.12mg (6.2%), Zinc: 0.87mg (5.77%), Copper: 0.07mg (3.64%), Vitamin K: 3.72µg (3.54%), Vitamin C: 1.35mg (1.63%)