



Apple Cinnamon Bread Pudding with Vanilla Bean Whipped Cream

 Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

564 kcal

DESSERT

Ingredients

- ☐ 1 pinch allspice
- ☐ 3 cups bite-sized cubes challah bread
- ☐ 0.3 cup brown sugar
- ☐ 2 teaspoons calvados
- ☐ 2 large eggs
- ☐ 1 large apples i use 2 granny smith apples cored peeled cut into 1/4-inch dice
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.5 cup half-and-half
- ☐ 1 cup heavy cream cold
- ☐ 4 servings kosher salt
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 cup raisins
- ☐ 1 tablespoon butter unsalted cooled melted
- ☐ 1 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

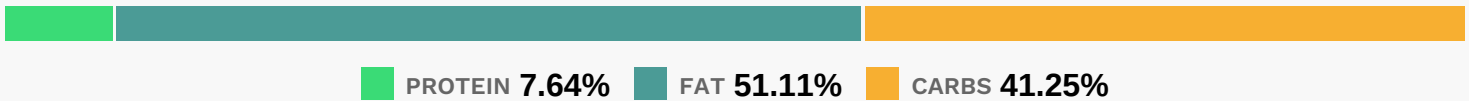
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ For the bread pudding: Preheat the oven to 300 degrees F. and place a rack in the center of the oven. Lightly grease four 6-ounce heatproof ramekins with butter.
- ☐ Place the ramekins into a baking dish that is large enough to hold them without touching.
- ☐ Place the bread cubes, apples and raisins in the ramekins, dividing the ingredients evenly.
- ☐ Using a whisk, beat the eggs, half-and-half, brown sugar, butter, Calvados, vanilla, cinnamon, allspice, nutmeg and a pinch of kosher salt in a bowl until thoroughly combined. Carefully pour the custard over the bread cubes, pressing the bread cubes down so they are covered with the custard. Set aside to allow the bread to absorb the custard, about 15 minutes.
- ☐ Prepare a water bath: Carefully pour enough hot water into the baking dish so that the water is halfway up the sides of the ramekins. (A water bath is used to provide temperature protection for the egg custard.)

- ☐ Bake until the tops are golden brown and a toothpick inserted in the center comes out clean, 20 to 30 minutes. Another way to judge whether the puddings are fully baked is to gently press down on the center of each. If any uncooked custard comes up to the top, the pudding needs to be baked a little longer.
- ☐ Remove the bread puddings from the water bath and cool slightly. The puddings can be served warm or slightly chilled.
- ☐ Put the heavy cream and vanilla bean seeds in a large bowl.
- ☐ Whisk until soft peaks form.
- ☐ Serve immediately with the puddings or refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:63.62, Glycemic Load:20.44, Inflammation Score:-7, Nutrition Score:13.704347838526%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 564.49kcal (28.22%), Fat: 32.55g (50.08%), Saturated Fat: 18.8g (117.49%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 54.77g (19.92%), Sugar: 24.76g (27.51%), Cholesterol: 178.35mg (59.45%), Sodium: 472.49mg (20.54%), Alcohol: 1.01g (100%), Alcohol %: 0.5% (100%), Protein: 10.95g (21.9%), Selenium: 22.84µg (32.63%), Manganese: 0.61mg (30.36%), Vitamin B2: 0.44mg (25.89%), Vitamin A: 1235.85IU (24.72%), Phosphorus: 188.8mg (18.88%), Fiber: 4.35g (17.39%), Calcium: 160.4mg (16.04%), Vitamin B1: 0.23mg (15.65%), Iron: 2.68mg (14.88%), Vitamin B3: 2.71mg (13.57%), Folate: 53.41µg (13.35%), Potassium: 420.98mg (12.03%), Vitamin B5: 1.03mg (10.31%), Vitamin D: 1.5µg (10.03%), Vitamin B6: 0.19mg (9.43%), Magnesium: 37.57mg (9.39%), Copper: 0.17mg (8.52%), Vitamin E: 1.15mg (7.66%), Zinc: 1.09mg (7.28%), Vitamin B12: 0.38µg (6.35%), Vitamin K: 5.92µg (5.64%), Vitamin C: 4.29mg (5.2%)