



Apple Crisp Bread Pudding

READY IN



105 min.

SERVINGS



12

CALORIES



1589 kcal

DESSERT

Ingredients

- 0.3 cup apple brandy
- 2 fuji apples
- 6 tablespoons brown sugar
- 3 tablespoons confectioners' sugar
- 2 egg yolks lightly beaten
- 4 large eggs
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons ground cinnamon
- 3 cups half-and-half

- 1 cup heavy cream
- 14 dunkin' donuts old fashioned cake donuts
- 1 tablespoon juice of lemon
- 12 servings mint sprigs fresh for garnish
- 0.3 teaspoon nutmeg freshly ground
- 0.5 teaspoon nutmeg freshly grated
- 0.5 cup old fashioned rolled oats
- 0.5 cup raisins
- 0.3 teaspoon salt
- 1 pinch salt
- 0.8 cup sugar
- 1 cup sugar
- 0.8 cup unbleached flour all-purpose
- 0.5 cup butter unsalted (1 stick)
- 0.5 cup butter unsalted cold cut into pieces (1 stick)
- 4 tablespoons butter unsalted cooled melted
- 0.5 teaspoon vanilla extract
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- hand mixer
- aluminum foil
- muffin liners

Directions

- Preheat the oven to 350 degrees F. Generously butter the cups of 2 large muffin pans. (You will need 12 muffin cups.) Set aside.
- Gently simmer the raisins and brandy in a small saucepan over low heat.
- Remove from the heat and set aside. Peel, core and cut the apples into 1-inch chunks.
- Add them to a small bowl and toss with the lemon juice. Set aside.
- In large bowl, whisk the eggs, half-and-half, sugar, cinnamon, nutmeg, salt, vanilla, and melted butter until combined.
- Cut the donuts into 1-inch pieces.
- Add the donuts to the bowl with the egg mixture. Press the donuts down into the liquid to cover completely and let soak for 15 minutes while you prepare the crumb topping.
- To make the crumb topping.
- Add the flour, brown sugar, salt, oats, and butter to a small bowl. Using an electric mixer, on medium-low speed, beat the mixture until crumbly. Set aside.
- Stir the apples and the raisins with the brandy into the soaked donuts. (Make sure the donuts have soaked up most of the liquid before adding the apples.) Evenly divide the custard among the muffin cups.
- Sprinkle each custard with the crumb topping.
- Put the muffin pans on foil-lined baking sheets and bake until the pudding has turned golden and is set, about 35 minutes.
- Remove the puddings from the oven and allow them to cool in the pans on a wire rack for 15 minutes.
- To serve: Spoon the Apple Brandy Sauce on dessert plates and arrange each pudding on the sauce. Lightly dust with confectioners' sugar.
- Garnish each pudding with a dollop of Spiced Cream, if using, and a sprig of mint.
- Serve immediately.
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.
- In a medium saucepan melt the butter over medium-low heat.

- Add the sugar and stir until combined.
- Whisk in the heavy cream, brandy, egg yolks and salt. Cook until the sauce has thickened, about 2 to 3 minutes, whisking constantly. Do not let the sauce come to a boil.
- Remove from the heat and let cool slightly.
- Serve warm with the Apple Crisp Bread Pudding.

Nutrition Facts

PROTEIN 6.42%

FAT 25.63%

CARBS 67.95%

Properties

Glycemic Index:44, Glycemic Load:29.26, Inflammation Score:-8, Nutrition Score:30.989130517711%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 1588.7kcal (79.44%), Fat: 45.62g (70.18%), Saturated Fat: 24.65g (154.07%), Carbohydrates: 272.16g (90.72%), Net Carbohydrates: 268.35g (97.58%), Sugar: 172.25g (191.39%), Cholesterol: 545.69mg (181.9%), Sodium: 2306.99mg (100.3%), Alcohol: 0.29g (100%), Alcohol %: 0.06% (100%), Protein: 25.7g (51.4%), Vitamin B2: 1.27mg (74.68%), Vitamin B1: 0.98mg (65.12%), Selenium: 45.35µg (64.78%), Phosphorus: 630.98mg (63.1%), Iron: 10.79mg (59.97%), Manganese: 1.03mg (51.39%), Folate: 198.17µg (49.54%), Vitamin B3: 7.49mg (37.44%), Vitamin A: 1829.25IU (36.58%), Calcium: 359.83mg (35.98%), Vitamin B5: 2.38mg (23.79%), Vitamin B12: 1.23µg (20.56%), Zinc: 2.6mg (17.35%), Potassium: 602.44mg (17.21%), Copper: 0.31mg (15.3%), Fiber: 3.81g (15.24%), Magnesium: 60.39mg (15.1%), Vitamin B6: 0.3mg (14.8%), Vitamin E: 2.06mg (13.75%), Vitamin D: 1.87µg (12.44%), Vitamin K: 4.78µg (4.55%), Vitamin C: 3.36mg (4.08%)