



Baileys Pudding Parfaits with Oatmeal-Walnut Crunch

READY IN



45 min.

SERVINGS



6

CALORIES



854 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 12 tablespoons currants dried
- ☐ 6 large egg yolk
- ☐ 0.8 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 teaspoons coffee instant
- ☐ 12 tablespoons baileys irish cream

- ☐ 1 cup oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch pieces (1 stick)
- ☐ 0.8 cup walnut pieces coarsely chopped
- ☐ 1.3 cups whipping cream chilled

Equipment

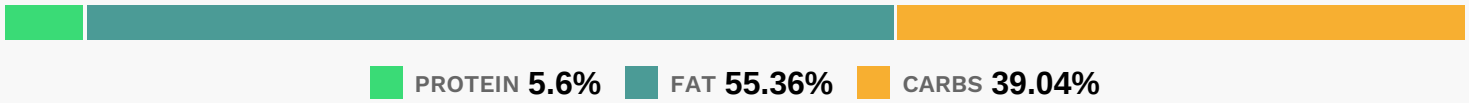
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine first 6 ingredients in large bowl.
- ☐ Add butter and rub in with fingertips until mixture forms moist clumps.
- ☐ Mix in walnuts.
- ☐ Sprinkle mixture onto rimmed baking sheet.
- ☐ Bake until golden brown and crisp, occasionally stirring gently and leaving mixture in clumps, about 35 minutes. Cool completely. (Can be made 2 days ahead. Store airtight.)
- ☐ Combine 3/4 cup cream, 6 tablespoons Baileys liqueur, sugar, yolks and nutmeg in large metal bowl.
- ☐ Place over saucepan of simmering water (do not allow bottom of bowl to touch water). Using electric mixer, beat until custard thickens and thermometer registers 160°F, about 8 minutes.
- ☐ Remove from over water and beat until cool, about 8 minutes.
- ☐ Mix in remaining 6 tablespoons liqueur. Beat remaining 1/2 cup cream in medium bowl to medium peaks. Fold into custard. Cover and chill at least 4 hours or overnight.

- ☐ Layer 1/4 cup pudding, 1 tablespoon currants and 3 tablespoons crunch in each of six 12-ounce goblets; repeat layering 1 more time.
- ☐ Serve immediately or refrigerate up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:17.41, Inflammation Score:-8, Nutrition Score:17.056956488153%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 854.13kcal (42.71%), Fat: 52.32g (80.5%), Saturated Fat: 26.27g (164.16%), Carbohydrates: 83.04g (27.68%), Net Carbohydrates: 78.91g (28.7%), Sugar: 53.5g (59.45%), Cholesterol: 280.31mg (93.44%), Sodium: 142.76mg (6.21%), Alcohol: 4.05g (100%), Alcohol %: 2.36% (100%), Caffeine: 10.47mg (3.49%), Protein: 11.91g (23.81%), Manganese: 1.28mg (63.81%), Selenium: 21.7µg (31%), Vitamin A: 1472.1IU (29.44%), Phosphorus: 254.56mg (25.46%), Copper: 0.43mg (21.68%), Vitamin B1: 0.32mg (21.59%), Vitamin B2: 0.35mg (20.73%), Folate: 77.99µg (19.5%), Iron: 3.03mg (16.81%), Fiber: 4.12g (16.49%), Magnesium: 64.53mg (16.13%), Vitamin B6: 0.28mg (13.84%), Potassium: 482.96mg (13.8%), Calcium: 133.36mg (13.34%), Vitamin D: 2µg (13.3%), Zinc: 1.7mg (11.36%), Vitamin E: 1.54mg (10.23%), Vitamin B5: 1.01mg (10.09%), Vitamin B3: 1.9mg (9.48%), Vitamin B12: 0.44µg (7.38%), Vitamin K: 4.74µg (4.51%), Vitamin C: 1.93mg (2.34%)