



## Baked Apples with Cranberry Molasses Bread Pudding

READY IN



135 min.

SERVINGS



12

CALORIES



588 kcal

DESSERT

### Ingredients

- 12 oz day-old brioche seedless cubed ()
- 6 tablespoons butter cooled melted
- 12 servings warm caramel sauce
- 1.3 cups cranberries cut in half
- 0.5 cup blackstrap molasses dark
- 2 large eggs
- 1 tablespoon ground ginger
- 1 cup half-and-half

- 0.8 cup brown sugar light packed
- 0.5 teaspoon nutmeg
- 1.5 cups pecans coarsely chopped
- 1.5 teaspoons vanilla extract
- 12 servings whipped cream
- 12 some of each (6 lbs. total)
- 12 some of each (6 lbs. total)

## Equipment

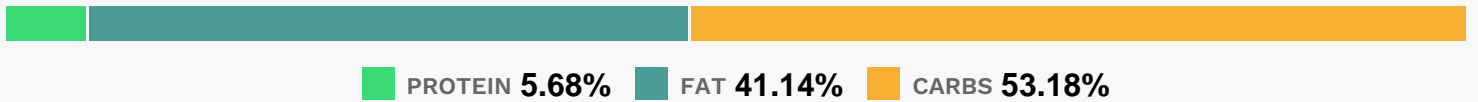
- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- melon baller

## Directions

- Preheat oven to 200 with rack in lowest position.
- Bake bread in a large rimmed pan until crisp, 40 to 45 minutes.
- Let cool.
- Meanwhile, peel the top quarter of each apple and, using a melon baller, scoop out stem, core, and enough of inside so that walls of apple are about 1/2 in. thick (don't break through bottoms). If needed, trim bottoms slightly so apples sit upright.
- In a large bowl, whisk sugar, molasses, butter, eggs, half-and-half, ginger, vanilla, and nutmeg to blend. Increase oven to 32
- As it heats, bake pecans in a shallow pan until golden, 10 to 12 minutes.
- Add bread and cranberries to molasses mixture; toss to coat.
- Let stand, stirring occasionally, until two-thirds of liquid is absorbed, 12 minutes. Stir in pecans.

- Generously stuff apples with bread mixture, mounding it. Set in a 9- by 13-in. baking dish plus a smaller shallow dish.
- Bake until each apple is very tender when pierced, about 1 hour; check after 40 minutes and tent loosely with foil if they're getting dark.
- Serve warm in shallow bowls with ice cream and caramel sauce.
- Make ahead: Prepare through step 5 and chill airtight up to 1 day. Bring to room temperature (2 1/2 hours) before baking.

## Nutrition Facts



### Properties

Glycemic Index:23.33, Glycemic Load:14.31, Inflammation Score:-6, Nutrition Score:14.064782598744%

### Flavonoids

Cyanidin: 6.3mg, Cyanidin: 6.3mg, Cyanidin: 6.3mg, Cyanidin: 6.3mg Delphinidin: 1.79mg, Delphinidin: 1.79mg, Delphinidin: 1.79mg, Delphinidin: 1.79mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 5.12mg, Peonidin: 5.12mg, Peonidin: 5.12mg, Peonidin: 5.12mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

### Nutrients (% of daily need)

Calories: 588.09kcal (29.4%), Fat: 27.64g (42.52%), Saturated Fat: 11.09g (69.29%), Carbohydrates: 80.38g (26.79%), Net Carbohydrates: 77.51g (28.19%), Sugar: 63.08g (70.09%), Cholesterol: 96.61mg (32.2%), Sodium: 375.5mg (16.33%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 8.58g (17.17%), Manganese: 1.19mg (59.31%), Selenium: 16.94µg (24.2%), Vitamin B2: 0.38mg (22.52%), Calcium: 209.62mg (20.96%), Phosphorus: 196.99mg (19.7%), Magnesium: 73.22mg (18.3%), Vitamin B1: 0.26mg (17.23%), Copper: 0.32mg (15.82%), Potassium: 524.17mg (14.98%), Vitamin A: 679.09IU (13.58%), Iron: 2.29mg (12.74%), Fiber: 2.87g (11.49%), Vitamin B6: 0.21mg (10.57%), Folate: 41.96µg (10.49%), Zinc: 1.56mg (10.41%), Vitamin B5: 1mg (10.02%), Vitamin B3: 1.84mg (9.21%), Vitamin B12: 0.48µg (8.04%), Vitamin E: 0.92mg (6.14%), Vitamin C: 2.39mg (2.9%), Vitamin D: 0.41µg (2.75%), Vitamin K: 2.23µg (2.13%)