



## Baking with Dorie: Little Bread Puddings



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

### Ingredients

- ☐ 2 egg yolk
- ☐ 3 large eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.8 cup brown sugar light packed ()
- ☐ 0.8 cup prune- cut to pieces diced pitted coarsely chopped finely
- ☐ 0.8 teaspoon vanilla extract pure
- ☐ 1.5 tablespoons allspice whole

☐ 1.5 cups milk whole

## Equipment

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ mixing bowl

☐ pot

☐ ramekin

☐ roasting pan

☐ measuring cup

## Directions

☐ Pour the milk, cream and brown sugar into a medium-sized saucepan. Tap the allspice berries with the back of a heavy knife to bruise them slightly and add the berries to the pot. Bring the mixture to the boil, stirring to dissolve the sugar.

☐ Remove from heat, cover and steep for 10 minutes.

☐ Center a rack in the oven and preheat the oven to 375°F. Butter eight 6-ounce custard cups or ramekins.

☐ Cut the bread into 1/2-inch dice and put the pieces in a mixing bowl.

☐ Add the prunes, tossing to combine. Divide the bread and prune mixture evenly among the ramekins.

☐ Put the eggs, yolks and vanilla in a measuring cup with a spout or in a mixing bowl; whisk to blend. Strain the steeped milk into the eggs, whisking all the while. (Discard the allspice berries.)

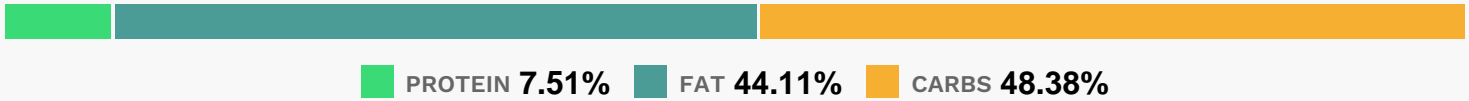
☐ Pour about 1/3 cup of custard into each ramekin. Push the bread down into the custard with a spoon.

☐ Add more custard slowly until the cups are filled.

☐ Let stand for 10 minutes, so the bread can absorb the custard.

- ☐ Sprinkle the granulated sugar over the tops of the puddings.
- ☐ Place the ramekins in a large roasting pan. Fill the pan with enough warm water to come halfway up the sides of the ramekins.
- ☐ Bake for 20 to 25 minutes, or until a knife inserted near the center a pudding comes out clean and the tops are puffed and golden (puffed is important here).
- ☐ Remove the puddings to a rack to cool.
- ☐ Serving: These can be served warm, after cooling for about 20 minutes, at room temperature or chilled; each has its admirers.
- ☐ Storing: Covered, the puddings will keep overnight in the fridge.

## Nutrition Facts



## Properties

Glycemic Index:19.01, Glycemic Load:5.69, Inflammation Score:-5, Nutrition Score:7.426521702953%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 303.51kcal (15.18%), Fat: 15.37g (23.64%), Saturated Fat: 8.76g (54.74%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 36.48g (13.26%), Sugar: 32.43g (36.03%), Cholesterol: 157.46mg (52.49%), Sodium: 61.38mg (2.67%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 5.88g (11.77%), Vitamin A: 812.07IU (16.24%), Vitamin B2: 0.26mg (15.33%), Selenium: 10.39µg (14.84%), Phosphorus: 131.72mg (13.17%), Calcium: 125.09mg (12.51%), Vitamin D: 1.6µg (10.65%), Vitamin K: 10.88µg (10.36%), Vitamin B12: 0.55µg (9.15%), Potassium: 288.82mg (8.25%), Vitamin B5: 0.76mg (7.65%), Vitamin B6: 0.13mg (6.53%), Fiber: 1.44g (5.77%), Manganese: 0.11mg (5.57%), Magnesium: 20.41mg (5.1%), Iron: 0.87mg (4.85%), Zinc: 0.7mg (4.64%), Vitamin E: 0.68mg (4.53%), Folate: 17.9µg (4.48%), Copper: 0.08mg (4.2%), Vitamin B1: 0.06mg (3.78%), Vitamin B3: 0.45mg (2.25%)