



Berry Brioche Bread Pudding with Vanilla Sauce

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 0.3 cup sugar raw (sugar)
- ☐ 1 cup blueberries fresh
- ☐ 1 cup raspberries fresh
- ☐ 1 tablespoons granulated sugar
- ☐ 4 eggs
- ☐ 4 egg yolk
- ☐ 1 teaspoon vanilla extract

- ☐ 2 cups milk whole
- ☐ 1 cup heavy whipping cream
- ☐ 0.7 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 1 lb egg bread loaf – crusts
- ☐ 2 cups milk whole
- ☐ 5 egg yolk
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon vanilla extract

Equipment

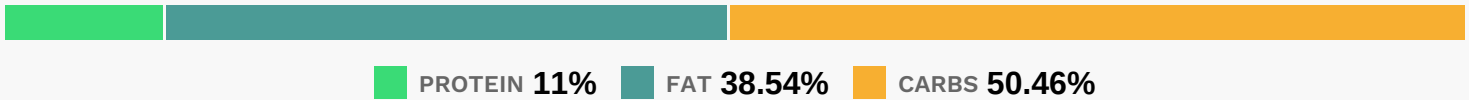
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Spray 2-quart casserole with cooking spray; coat with turbinado sugar, reserving any excess sugar.
- ☐ In small bowl, mash together berries and 1 to 2 tablespoons granulated sugar (less if berries are sweet, more if not); set aside.
- ☐ In 3-quart saucepan, heat 2 cups milk, the whipping cream, 2/3 cup granulated sugar and the salt over medium heat, stirring frequently, until mixture begins to simmer; remove from heat.
- ☐ In medium bowl, beat together 4 eggs, 4 egg yolks and 1 teaspoon vanilla, using a whisk, until light and creamy. To prevent curdling, gradually beat in milk mixture until blended.
- ☐ In large bowl, add bread cubes and egg mixture; carefully toss to coat.
- ☐ Add berry mixture; carefully toss until combined.
- ☐ Pour into casserole.
- ☐ Sprinkle with remaining turbinado sugar. Cover casserole with foil.

- ☐ Bake 30 minutes.
- ☐ Remove foil; bake 15 minutes longer or until golden brown.
- ☐ Let stand at least 30 minutes or until pudding sets.
- ☐ Serve warm or at room temperature; cover and refrigerate any remaining pudding.
- ☐ In 3-quart nonaluminum saucepan, heat 2 cups milk over medium heat, stirring frequently, until milk begins to simmer; remove from heat.
- ☐ In medium bowl, beat together remaining vanilla sauce ingredients, using whisk, until light and creamy. To prevent curdling, gradually beat in milk until blended; return mixture to saucepan.
- ☐ Heat over low heat, stirring frequently, until mixture thickens; remove from heat.
- ☐ Serve warm or at room temperature; cover and refrigerate any remaining sauce.

Nutrition Facts



Properties

Glycemic Index:44.03, Glycemic Load:24.68, Inflammation Score:-7, Nutrition Score:18.966956491056%

Flavonoids

Cyanidin: 8.43mg, Cyanidin: 8.43mg, Cyanidin: 8.43mg, Cyanidin: 8.43mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 597.97kcal (29.9%), Fat: 25.76g (39.63%), Saturated Fat: 12.64g (79.02%), Carbohydrates: 75.91g (25.3%), Net Carbohydrates: 73.18g (26.61%), Sugar: 47.38g (52.64%), Cholesterol: 377.71mg (125.9%), Sodium: 602.41mg (26.19%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 16.54g (33.08%), Selenium: 38.6µg (55.15%), Vitamin B2: 0.7mg (41.12%), Phosphorus: 329.8mg (32.98%), Calcium: 267.07mg (26.71%), Folate: 104.89µg

(26.22%), Vitamin B1: 0.38mg (25.25%), Vitamin D: 3.58µg (23.86%), Manganese: 0.48mg (23.79%), Vitamin A: 1180.35IU (23.61%), Vitamin B12: 1.35µg (22.56%), Vitamin B5: 1.71mg (17.06%), Iron: 2.89mg (16.05%), Vitamin B3: 3.09mg (15.45%), Zinc: 1.87mg (12.46%), Vitamin B6: 0.25mg (12.38%), Fiber: 2.72g (10.89%), Potassium: 369.76mg (10.56%), Vitamin E: 1.47mg (9.81%), Magnesium: 35.81mg (8.95%), Copper: 0.16mg (7.77%), Vitamin C: 5.9mg (7.16%), Vitamin K: 6.78µg (6.45%)