



Best Bread Pudding with Vanilla Sauce

 Vegetarian  Popular

READY IN



85 min.

SERVINGS



8

CALORIES



434 kcal

DESSERT

Ingredients

- 10 slices bread hearty farmhouse-style toasted cut into cubes
- 2 tablespoons butter melted
- 1 eggs
- 3 eggs beaten
- 1 tablespoon flour all-purpose
- 1 pinch ground cinnamon
- 0.5 cup brown sugar light
- 1 cup raisins

- 1 pinch salt
- 1 tablespoon vanilla extract
- 1.5 cups sugar white
- 1.3 cups milk whole

Equipment

- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 2-quart baking dish.
- In a mixing bowl, whisk 3 eggs, white sugar, 2 tablespoons of light brown sugar, 1/2 teaspoon of cinnamon, 1/4 cup of butter, and 3 cups of whole milk together, and gently stir in the bread cubes and raisins. Lightly spoon the mixture into the prepared baking dish.
- Bake in the preheated oven until browned and set in the middle, 50 to 55 minutes; cover the dish with foil after 30 minutes to prevent excessive browning.
- Let the pudding stand for 10 minutes before serving.
- For vanilla sauce, whisk 1/2 cup of light brown sugar, the flour, a pinch of cinnamon, 1 egg, 2 tablespoons of melted butter, 1 1/4 cups of whole milk, and salt together in a heavy saucepan until smooth.
- Heat over medium heat, whisking constantly, until thickened and the sauce coats the back of a spoon, 10 to 12 minutes. Stir in the vanilla extract.
- Pour sauce over warm bread pudding, or serve on the side in a bowl.

Nutrition Facts



■ PROTEIN 7.55% ■ FAT 16.17% ■ CARBS 76.28%

Properties

Glycemic Index:44.44, Glycemic Load:43.94, Inflammation Score:-3, Nutrition Score:9.6056521457175%

Nutrients (% of daily need)

Calories: 433.76kcal (21.69%), Fat: 7.96g (12.25%), Saturated Fat: 3.47g (21.72%), Carbohydrates: 84.57g (28.19%), Net Carbohydrates: 81.9g (29.78%), Sugar: 54.89g (60.99%), Cholesterol: 93.94mg (31.31%), Sodium: 248.09mg (10.79%), Alcohol: 0.56g (100%), Alcohol %: 0.42% (100%), Protein: 8.37g (16.74%), Selenium: 18.41µg (26.3%), Manganese: 0.5mg (24.9%), Vitamin B2: 0.29mg (16.99%), Phosphorus: 143.33mg (14.33%), Vitamin B1: 0.2mg (13.47%), Iron: 2.28mg (12.66%), Calcium: 121.24mg (12.12%), Vitamin B3: 2.29mg (11.47%), Fiber: 2.67g (10.68%), Folate: 42.59µg (10.65%), Potassium: 309.82mg (8.85%), Vitamin B5: 0.8mg (8.01%), Magnesium: 28.73mg (7.18%), Vitamin B6: 0.14mg (7.01%), Vitamin B12: 0.41µg (6.79%), Copper: 0.13mg (6.72%), Vitamin D: 0.86µg (5.73%), Zinc: 0.86mg (5.71%), Vitamin A: 268.8IU (5.38%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.15µg (2.05%), Vitamin C: 1.05mg (1.27%)