





## Bill Nicholson's Krispy Kreme Bread Pudding with Butter Rum Sauce

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



442 kcal

DESSERT

### Ingredients

- 1 stick butter
- 1 pound confectioners' sugar
- 2 eggs beaten
- 9 ounce fruit cocktail undrained canned ()
- 1 teaspoons ground cinnamon
- 9 ounce raisins
- 12 servings rum to taste

- 1 pinch salt
- 14 ounce condensed milk sweetened canned (not evaporated)
- 24 krispy kreme donuts
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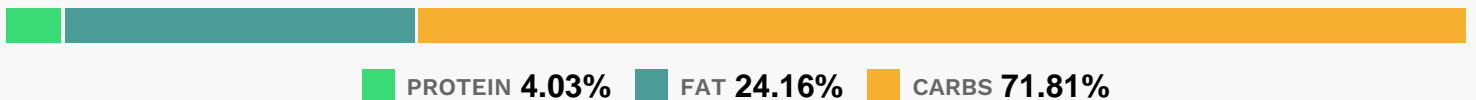
## Equipment

- bowl
- oven

## Directions

- Preheat oven to 350 degrees F.
- Cube donuts into a large bowl.
- Pour other ingredients on top of donuts and let soak for a few minutes.
- Mix all ingredients together until donuts have soaked up the liquid as much as possible.
- Bake for about 1 hour until center has jelled. Top with Butter Rum Sauce.
- Melt butter and slowly stir in confectioners' sugar.
- Add rum and heat until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:20.4, Glycemic Load:21.57, Inflammation Score:-3, Nutrition Score:5.4621738921041%

## Nutrients (% of daily need)

Calories: 441.64kcal (22.08%), Fat: 11.35g (17.45%), Saturated Fat: 6.93g (43.29%), Carbohydrates: 75.87g (25.29%), Net Carbohydrates: 74.06g (26.93%), Sugar: 57.96g (64.4%), Cholesterol: 58.77mg (19.59%), Sodium: 124.36mg (5.41%), Alcohol: 5.01g (100%), Alcohol %: 4.37% (100%), Protein: 4.25g (8.51%), Vitamin B2: 0.22mg (13.23%), Phosphorus: 119.53mg (11.95%), Calcium: 110.83mg (11.08%), Selenium: 7.71µg (11.01%), Potassium: 331.74mg (9.48%), Vitamin A: 408.32IU (8.17%), Manganese: 0.15mg (7.36%), Fiber: 1.81g (7.25%), Copper: 0.1mg (4.81%), Iron: 0.86mg (4.77%), Magnesium: 17.28mg (4.32%), Vitamin B1: 0.06mg (4.12%), Vitamin B6: 0.08mg (4.05%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.49mg (3.24%), Vitamin E: 0.46mg (3.08%), Vitamin C: 2.42mg

(2.94%), Folate: 8.66µg (2.17%), Vitamin B3: 0.4mg (2.01%), Vitamin K: 1.52µg (1.45%), Vitamin D: 0.21µg (1.42%)