



Bluewater Bread Pudding with Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



847 kcal

DESSERT

Ingredients

- ☐ 1 cup plus light
- ☐ 1 pound brown sugar dark
- ☐ 0.5 cup rum dark
- ☐ 0.5 cup currants dried
- ☐ 4 large egg yolks
- ☐ 4 large eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.1 teaspoon salt

- ☐ 1 cup sugar
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup whipping cream
- ☐ 12 slices bread white trimmed
- ☐ 2.5 cups milk whole

Equipment

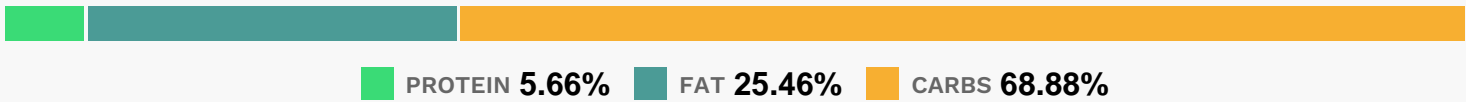
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Whisk all ingredients in heavy large saucepan to blend.
- ☐ Whisk over medium-high heat until beginning to boil. Reduce heat to medium-low. Simmer until sauce is thick enough to coat spoon, whisking occasionally, about 25 minutes. (Can be made 3 days ahead. Cool. Cover and refrigerate. Rewarm over low heat before serving.)
- ☐ Preheat oven to 350°F. Butter 11x7-inch glass baking dish.
- ☐ Combine milk, cream, sugar, eggs, egg yolks, vanilla, nutmeg, and salt in large bowl; whisk to blend well.
- ☐ Spread 1 side of each bread slice with butter. Arrange 6 slices, buttered side up, in single layer in prepared dish, trimming to fit.
- ☐ Sprinkle with currants. Top with remaining bread slices, buttered side up.
- ☐ Pour custard through sieve over bread in dish.
- ☐ Let stand 15 minutes, occasionally pressing bread into custard.

- ☐ Place pudding in dish in 13x9x2-inch metal baking pan.
- ☐ Pour enough hot water into pan to come halfway up sides of pudding dish.
- ☐ Place in oven.
- ☐ Bake pudding until set in center and golden on top, about 45 minutes.
- ☐ Remove pudding from water bath.
- ☐ Serve warm or at room temperature with warm caramel sauce.

Nutrition Facts



Properties

Glycemic Index:38.98, Glycemic Load:39.82, Inflammation Score:-6, Nutrition Score:13.641304244166%

Nutrients (% of daily need)

Calories: 847.01kcal (42.35%), Fat: 23.62g (36.34%), Saturated Fat: 12.88g (80.52%), Carbohydrates: 143.77g (47.92%), Net Carbohydrates: 142.5g (51.82%), Sugar: 125.2g (139.11%), Cholesterol: 238.85mg (79.62%), Sodium: 339.11mg (14.74%), Alcohol: 5.57g (100%), Alcohol %: 2.12% (100%), Protein: 11.81g (23.62%), Selenium: 24.72µg (35.32%), Calcium: 279.86mg (27.99%), Vitamin B2: 0.43mg (25.4%), Phosphorus: 232.56mg (23.26%), Vitamin B1: 0.3mg (20.32%), Vitamin A: 956.63IU (19.13%), Folate: 68.65µg (17.16%), Manganese: 0.33mg (16.25%), Vitamin D: 2.35µg (15.68%), Vitamin B12: 0.86µg (14.28%), Iron: 2.55mg (14.19%), Vitamin B5: 1.28mg (12.84%), Potassium: 380.73mg (10.88%), Vitamin B6: 0.21mg (10.72%), Vitamin B3: 2.12mg (10.62%), Zinc: 1.49mg (9.91%), Magnesium: 33.97mg (8.49%), Copper: 0.14mg (6.81%), Vitamin E: 1.01mg (6.72%), Fiber: 1.27g (5.09%), Vitamin K: 2.05µg (1.96%)