



Bourbon Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



598 kcal

DESSERT

Ingredients

- 0.3 cup bourbon
- 2 tablespoons butter softened
- 6 tablespoons butter
- 1 large eggs
- 4 large egg whites
- 4 cups milk fat-free
- 9 cups bread french cubed ()
- 0.5 cup raisins

- 0.8 cup sugar
- 2 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- roasting pan
- candy thermometer

Directions

- Preheat oven to 350
- To prepare pudding, spread 2 tablespoons butter onto bottom and sides of a 13 x 9-inch baking dish. Set aside.
- Heat milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Place bread in a large bowl; pour hot milk over bread.
- Combine 2 cups sugar and next 3 ingredients (through 1 egg) in a medium bowl, stirring with a whisk until well blended. Gradually add the egg mixture to milk mixture, stirring constantly with a whisk. Stir in raisins; pour into prepared dish.
- Place dish in a roasting pan; add hot water to pan to a depth of 1/2 inch.
- Bake at 350 for 50 minutes or until browned and set.
- To prepare sauce, combine 3/4 cup sugar, 6 tablespoons butter, and 1 egg in a small, heavy saucepan over low heat. Cook 4 minutes or until a candy thermometer registers 165 and mixture is thick, stirring constantly.
- Remove from heat; stir in bourbon.

Nutrition Facts

PROTEIN 12.03% FAT 14.18% CARBS 73.79%

Properties

Glycemic Index:26.73, Glycemic Load:80.15, Inflammation Score:-7, Nutrition Score:19.286956473537%

Nutrients (% of daily need)

Calories: 597.61kcal (29.88%), Fat: 9.39g (14.45%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 110.01g (36.67%), Net Carbohydrates: 106.77g (38.83%), Sugar: 43.69g (48.54%), Cholesterol: 28.51mg (9.5%), Sodium: 891.1mg (38.74%), Alcohol: 1.42g (100%), Alcohol %: 0.71% (100%), Protein: 17.94g (35.88%), Vitamin B1: 0.99mg (65.76%), Selenium: 42.2µg (60.28%), Vitamin B2: 0.72mg (42.16%), Folate: 167.06µg (41.76%), Manganese: 0.72mg (35.81%), Vitamin B3: 6.55mg (32.77%), Iron: 5.4mg (30.02%), Phosphorus: 217.96mg (21.8%), Calcium: 155.73mg (15.57%), Magnesium: 52.78mg (13.19%), Fiber: 3.24g (12.94%), Zinc: 1.72mg (11.48%), Copper: 0.22mg (11.24%), Vitamin B6: 0.19mg (9.63%), Potassium: 316.32mg (9.04%), Vitamin B5: 0.74mg (7.37%), Vitamin B12: 0.4µg (6.71%), Vitamin A: 316.76IU (6.34%), Vitamin D: 0.74µg (4.91%), Vitamin E: 0.47mg (3.16%), Vitamin K: 1.43µg (1.36%)