



Bourbon Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



1014 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 10 cups brioche bread cubed (from a 1-pound loaf)
- ☐ 2 tablespoons butter plus more for greasing
- ☐ 1 cup dark-brown sugar packed
- ☐ 5 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 cups half-and-half
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 teaspoon nutmeg grated
- ☐ 1 cup pecans chopped
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 cup milk whole

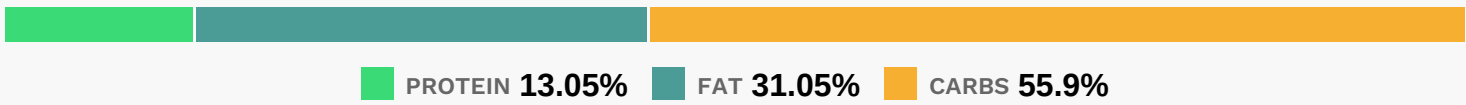
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Butter a 13 by 9-inch baking dish, and put the cubed brioche in it.
- ☐ Sprinkle with the pecans.
- ☐ Whisk together the half-and-half, milk, eggs, butter, brown sugar,bourbon, vanilla, cinnamon, salt, and nutmeg in a large bowl.
- ☐ Pour the custard mixture over the bread in the baking dish, givingthe bread a stir to make sure it's coated.
- ☐ Let the pudding sit for 1 hour, so the bread can fully absorb the milk.
- ☐ Preheat the oven to 350 degrees F. Once it is ready, put the dishin the oven and bake for 50 minutes, or until puffy and set.
- ☐ Remove, and let stand 10 minutes before serving. This is absolutely lovely when served with some fresh whipped cream.
- ☐ Mixt Greens (with Andrew Swallow), and, with Guy Fieri: Diners, Drive-Ins, and Dives; More Diners, Drive-Ins, and Dives; and Guy Fieri Food.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:60.87, Inflammation Score:-8, Nutrition Score:36.375217043835%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 1013.61kcal (50.68%), Fat: 34.86g (53.63%), Saturated Fat: 11.72g (73.27%), Carbohydrates: 141.23g (47.08%), Net Carbohydrates: 130.6g (47.49%), Sugar: 40.7g (45.23%), Cholesterol: 124.67mg (41.56%), Sodium: 1359.2mg (59.1%), Alcohol: 1.78g (100%), Alcohol %: 0.53% (100%), Protein: 32.98g (65.96%), Manganese: 3.37mg (168.61%), Selenium: 79.17µg (113.09%), Vitamin B1: 1.1mg (73.1%), Vitamin B3: 13.53mg (67.67%), Vitamin B2: 0.93mg (54.96%), Folate: 217.1µg (54.27%), Iron: 9.4mg (52.25%), Phosphorus: 497.57mg (49.76%), Calcium: 470.46mg (47.05%), Fiber: 10.63g (42.51%), Magnesium: 127.78mg (31.95%), Vitamin B5: 2.78mg (27.75%), Copper: 0.52mg (25.94%), Zinc: 3.73mg (24.88%), Vitamin B6: 0.4mg (19.8%), Potassium: 605.28mg (17.29%), Vitamin K: 13.63µg (12.98%), Vitamin A: 582.45IU (11.65%), Vitamin B12: 0.52µg (8.6%), Vitamin E: 1.16mg (7.71%), Vitamin D: 0.71µg (4.72%), Vitamin C: 1.47mg (1.79%)