



## Bourbon Bread Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



473 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup bourbon divided ()
- ☐ 2 teaspoon cornstarch
- ☐ 1 cup currants
- ☐ 1.8 cup granulated sugar divided ()
- ☐ 0.3 teaspoon ground all spice
- ☐ 2 cup heavy cream divided ()
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 cup rustic bread stale cut into 1-inch cubes)

- ☐ 1 tablespoon butter unsalted softened ()
- ☐ 2 tablespoon vanilla extract
- ☐ 3 cup milk whole

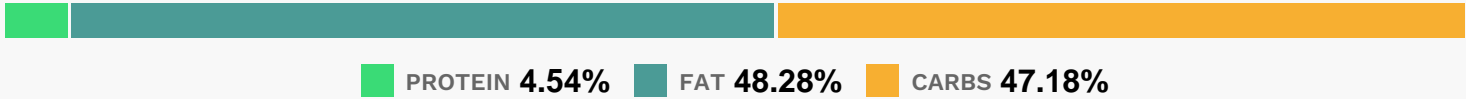
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

## Directions

- ☐ Heat ½ cup bourbon in a medium saucepan set over medium-low heat until warm.
- ☐ Place the currants or raisins in a small bowl and pour the warm bourbon on top; let stand at least 1 hour or overnight. Make the bourbon sauce: In a small saucepan set over medium heat bring 1-cup cream to a simmer. In a small bowl whisk cornstarch and 2 tablespoons of the warm cream together to create a slurry; slowly whisk the slurry into the remaining warm cream. Bring the mixture to a boil, whisking constantly. Once it boils add the ¼ cup sugar and reduce heat to very low.
- ☐ Whisk constantly until thickened, about 3 minutes.
- ☐ Remove from heat; stir in remaining ¼ cup bourbon. Set aside to cool completely. Make the bread pudding: Preheat oven to 350 degrees. In a large bowl stir together bread, milk, and remaining 1-cup cream. In a medium bowl whisk the eggs, remaining 1 ½ cups sugar, vanilla, salt, and all spice until well combined; add to bread mixture. Stir in the currants or raisins and the bourbon they soaked in. Butter a 2-quart shallow baking dish in oven.
- ☐ Pour in bread mixture, spreading it evenly across the bottom of the baking dish.
- ☐ Bake in the heated oven until bread cubes are browned and custard is cooked, about 40 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ Serve with bourbon sauce. Reheat the sauce gently with ½ teaspoon water if necessary.

# Nutrition Facts



## Properties

Glycemic Index:13.59, Glycemic Load:23.63, Inflammation Score:-5, Nutrition Score:5.4513042957886%

## Nutrients (% of daily need)

Calories: 473.35kcal (23.67%), Fat: 23.93g (36.82%), Saturated Fat: 14.45g (90.33%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 51.42g (18.7%), Sugar: 46.72g (51.91%), Cholesterol: 54.65mg (18.22%), Sodium: 157.58mg (6.85%), Alcohol: 5.76g (100%), Alcohol %: 4.07% (100%), Protein: 5.07g (10.13%), Vitamin A: 720.06IU (14.4%), Vitamin B2: 0.2mg (11.84%), Calcium: 112.89mg (11.29%), Phosphorus: 104.5mg (10.45%), Vitamin D: 1.32µg (8.82%), Potassium: 267.76mg (7.65%), Vitamin B12: 0.39µg (6.58%), Vitamin B1: 0.09mg (5.91%), Vitamin B3: 1.14mg (5.68%), Fiber: 1.19g (4.77%), Magnesium: 17.94mg (4.49%), Vitamin B6: 0.09mg (4.37%), Iron: 0.69mg (3.81%), Selenium: 2.63µg (3.76%), Folate: 14.6µg (3.65%), Manganese: 0.07mg (3.48%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.44mg (2.93%), Vitamin E: 0.44mg (2.9%), Copper: 0.05mg (2.41%), Vitamin K: 1.93µg (1.84%)