



# Bourbon Bread Pudding with Butterscotch Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



293 kcal

DESSERT

## Ingredients

- 0.3 cup bourbon
- 16 ounce un bread french
- 0.5 cup firmly brown sugar packed
- 0.5 cup sundae syrup fat-free butterscotch-flavored
- 2 eggs
- 0.7 cup golden raisins
- 2 cups skim milk

1.5 teaspoons vanilla extract

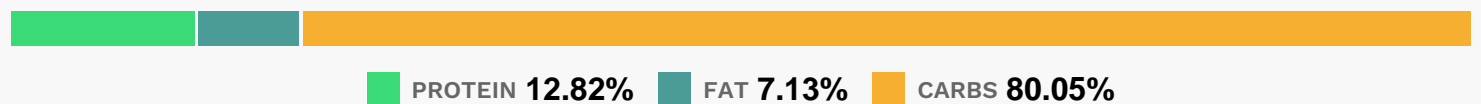
## Equipment

- bowl
- baking sheet
- oven
- baking pan
- microwave
- serrated knife

## Directions

- Trim crust from bread using a serrated knife, and discard crust.
- Cut bread into 1-inch cubes. Arrange bread cubes in a single layer on a baking sheet.
- Bake at 350 for 18 minutes or until toasted.
- Combine skim milk, brown sugar, bourbon, vanilla extract, and eggs in a large bowl; stir well.
- Add bread cubes and raisins; toss gently. Cover and chill 45 minutes.
- Spoon mixture into a 9-inch square baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes. Uncover and bake an additional 25 minutes or until pudding is set.
- Pour syrup into a small microwave-safe bowl. Microwave at HIGH 30 seconds or until warm.
- Serve syrup with bread pudding.

## Nutrition Facts



## Properties

Glycemic Index:20.6, Glycemic Load:25.65, Inflammation Score:-4, Nutrition Score:9.8447826012321%

## Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 292.9kcal (14.65%), Fat: 2.24g (3.45%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 55.12g (20.04%), Sugar: 30.57g (33.96%), Cholesterol: 38.01mg (12.67%), Sodium: 387.26mg (16.84%), Alcohol: 2.46g (100%), Alcohol %: 1.98% (100%), Protein: 9.07g (18.15%), Selenium: 18.89µg (26.99%), Vitamin B1: 0.39mg (26.24%), Vitamin B2: 0.35mg (20.74%), Folate: 68.37µg (17.09%), Manganese: 0.32mg (15.92%), Phosphorus: 148.58mg (14.86%), Iron: 2.42mg (13.47%), Vitamin B3: 2.64mg (13.2%), Calcium: 125.61mg (12.56%), Potassium: 269.17mg (7.69%), Magnesium: 29.4mg (7.35%), Vitamin B6: 0.14mg (7.1%), Vitamin B12: 0.43µg (7.09%), Copper: 0.13mg (6.57%), Zinc: 0.94mg (6.24%), Fiber: 1.54g (6.15%), Vitamin B5: 0.56mg (5.64%), Vitamin D: 0.79µg (5.3%), Vitamin A: 175.17IU (3.5%), Vitamin E: 0.23mg (1.52%)