



## Bourbon-Butterscotch Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



504 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.3 cup cornstarch
- ☐ 8 servings crème fraîche crushed (for serving; optional)
- ☐ 6 large egg yolk
- ☐ 2.5 cups cup heavy whipping cream
- ☐ 0.5 teaspoons kosher salt
- ☐ 0.8 cup brown sugar light packed ()
- ☐ 3 tablespoons sugar

- ☐ 0.3 cup butter unsalted ()
- ☐ 1 vanilla pod split
- ☐ 1 cup milk whole

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin

## Directions

- ☐ Melt butter in a medium saucepan over medium heat. Scrape in seeds from vanilla bean; add bean. Cook, swirling pan occasionally, until butter begins to brown and smell nutty, about 3 minutes.
- ☐ Add brown sugar and cook, stirring occasionally, until sugar is starting to dissolve, about 2 minutes.
- ☐ Add cream, milk, bourbon, and salt; bring to a simmer.
- ☐ Remove from heat.
- ☐ Whisk egg yolks, cornstarch, and sugar in a large bowl until smooth. Gradually add hot cream mixture, whisking constantly. Wipe out saucepan. Strain custard through a fine-mesh sieve back into saucepan and cook over medium heat, stirring often, until custard bubbles occasionally and starts to thicken, 5–6 minutes.
- ☐ Remove saucepan from heat and transfer mixture to a blender. Blend briefly on low speed until smooth.
- ☐ Place ramekins or bowl on a rimmed baking sheet. Divide custard evenly among ramekins and chill until set, at least 3 hours. DO AHEAD: Puddings can be made 3 days ahead. Cover and keep chilled.
- ☐ Top each pudding with crème fraîche and crushed ginger snaps, if desired.

# Nutrition Facts

PROTEIN 4.34% FAT 69.66% CARBS 26%

## Properties

Glycemic Index:15.39, Glycemic Load:3.68, Inflammation Score:-7, Nutrition Score:7.348260882756%

## Nutrients (% of daily need)

Calories: 503.59kcal (25.18%), Fat: 39.4g (60.61%), Saturated Fat: 23.75g (148.42%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 33.04g (12.01%), Sugar: 28.62g (31.8%), Cholesterol: 247.74mg (82.58%), Sodium: 193.83mg (8.43%), Alcohol: 0.63g (100%), Alcohol %: 0.47% (100%), Protein: 5.53g (11.06%), Vitamin A: 1578.61IU (31.57%), Vitamin B2: 0.27mg (16.04%), Selenium: 10.85µg (15.5%), Vitamin D: 2.32µg (15.47%), Phosphorus: 135.91mg (13.59%), Calcium: 134.21mg (13.42%), Vitamin B12: 0.57µg (9.49%), Vitamin E: 1.24mg (8.26%), Vitamin B5: 0.76mg (7.6%), Folate: 22.73µg (5.68%), Vitamin B6: 0.1mg (5.14%), Potassium: 174.71mg (4.99%), Zinc: 0.65mg (4.35%), Vitamin B1: 0.06mg (3.82%), Iron: 0.6mg (3.34%), Magnesium: 12.83mg (3.21%), Vitamin K: 3.24µg (3.08%), Copper: 0.03mg (1.71%), Manganese: 0.03mg (1.34%)