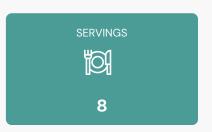


Bourbon-Butterscotch Pudding

Vegetarian



3 tablespoons sugar





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
O.8 cup brown sugar light packed ()

	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 overmedium heat. Scrape in seeds fromvanilla bean; add bean. Cook, swirling panoccasionally, until butter begins to brownand smell nutty, about 3 minutes.	
	Add brownsugar and cook, stirring occasionally, untilsugar is starting to dissolve, about 2 minutes.	
	Add cream, milk, bourbon, andsalt; bring to a simmer.	
	Remove from heat.	
	Whisk egg yolks, cornstarch, and sugarin a large bowl until smooth. Gradually addhot 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 transfermixture to a blender. Blend briefly on lowspeed until smooth.	
	Place ramekins or bowlson a rimmed baking sheet. Divide custardevenly among ramekins and chill until set, atleast 3 hours. DO AHEAD: Puddings can bemade 3 days ahead. Cover and keep chilled.	
	Top each pudding with crème fraîche andcrushed gingersnaps, 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: 1578.61lU (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%)