



Bourbon Pumpkin Bread Pudding with Bourbon Sauce

READY IN



75 min.

SERVINGS



12

CALORIES



697 kcal

DESSERT

Ingredients

- 8 cups bread french cubed
- 1 cup pecans chopped
- 0.3 cup bourbon
- 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.8 cup brown sugar packed
- 0.3 cup granulated sugar
- 5 eggs whole
- 1 vanilla pod

- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.5 teaspoon ground allspice
- 0.5 cup milk whole
- 0.5 cup whipping cream
- 1 vanilla pod
- 3 egg yolk
- 3 tablespoons granulated sugar
- 0.3 cup bourbon
- 2.5 cups frangelico

Equipment

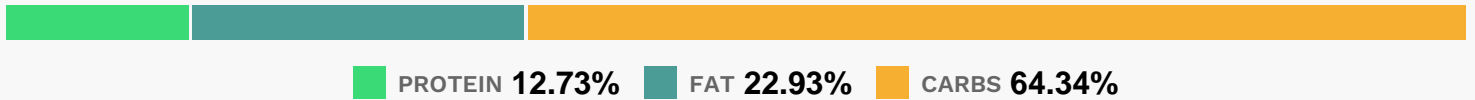
- bowl
- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In baking dish, mix bread cubes and pecans; set aside.
- In large bowl, beat half-and-half, 1/4 cup bourbon, the pumpkin, brown sugar, 1/4 cup granulated sugar, the eggs, 1 teaspoon vanilla, the cinnamon, ginger, nutmeg and allspice with whisk.
- Pour custard into baking dish. With spoon, press bread cubes and pecans into custard.
- Let stand 30 minutes.
- Heat oven to 350°F.

- Bake bread pudding 45 minutes or until top is golden brown.
- Meanwhile, in 2-quart saucepan, stir together milk and whipping cream.
- Cut vanilla bean in half; scrape out seeds.
- Add seeds and bean to milk mixture.
- Heat to simmering over low heat. In medium bowl, beat egg yolks and 3 tablespoons granulated sugar with whisk. Slowly pour warm milk mixture into egg yolk mixture, stirring constantly. Return mixture to saucepan. Cook and stir over low heat until sauce begins to thicken. Strain sauce into small heatproof pitcher or bowl; discard vanilla bean. Stir 1/4 cup bourbon into sauce. Refrigerate until serving time.
- Cut warm bread pudding into squares; serve with bourbon sauce.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:68.35, Inflammation Score:-9, Nutrition Score:27.136521541554%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 696.79kcal (34.84%), Fat: 17.42g (26.8%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 109.95g (36.65%), Net Carbohydrates: 103.97g (37.81%), Sugar: 29.05g (32.27%), Cholesterol: 129.23mg (43.08%), Sodium: 1023.52mg (44.5%), Alcohol: 3.34g (100%), Alcohol %: 1.63% (100%), Protein: 21.75g (43.49%), Vitamin B1: 1.21mg (80.44%), Selenium: 54.59µg (77.99%), Manganese: 1.44mg (72.02%), Folate: 217.76µg (54.44%), Vitamin B2: 0.85mg (49.87%), Iron: 7.2mg (40.02%), Vitamin B3: 7.84mg (39.22%), Vitamin A: 1733.08IU (34.66%), Phosphorus: 269.95mg (27%), Fiber: 5.98g (23.91%), Copper: 0.39mg (19.52%), Magnesium: 70.56mg (17.64%), Zinc: 2.53mg (16.84%), Calcium: 145.46mg (14.55%), Vitamin B6: 0.28mg (13.94%), Vitamin B5: 1.3mg (12.96%), Potassium: 323.37mg (9.24%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.87mg (5.81%), Vitamin B12: 0.32µg (5.36%), Vitamin K: 1.96µg (1.87%)