



Brandied Plum-Vanilla Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



563 kcal

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.8 cup prune- cut to pieces dried pitted quartered
- ☐ 3 large eggs
- ☐ 5 cups bread dry french cubed () (6 ounces)
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract

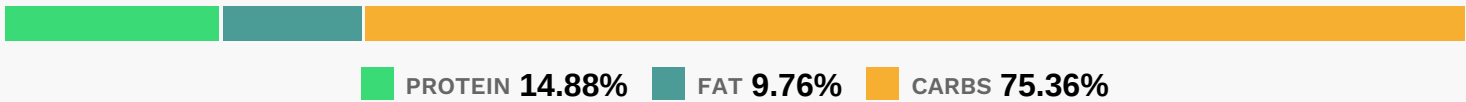
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Place plums and brandy in a bowl.
- ☐ Let stand 30 minutes.
- ☐ Pour mixture into a sieve over a bowl, reserving soaking liquid. Set plums aside.
- ☐ Combine reserved soaking liquid, milk, and next 4 ingredients (through eggs) in a large bowl, stirring well with a whisk.
- ☐ Add bread, tossing gently to coat. Stir in plums. Spoon mixture into a 1 1/2-quart round casserole coated with cooking spray. (Dish will be full.) Cover with foil; let rest 30 minutes to absorb liquid.
- ☐ Place dish in a 5-quart round electric slow cooker; add enough hot water to cooker to come halfway up sides of dish.
- ☐ Place several layers of paper towels across top of slow cooker. Cover and cook on LOW for 4 hours or until a wooden pick inserted in center comes out clean.
- ☐ Remove dish from slow cooker.
- ☐ Serve bread pudding warm. Top with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:70.57, Inflammation Score:0, Nutrition Score:22.686086835745%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 563.09kcal (28.15%), Fat: 5.88g (9.05%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 102.25g (34.08%), Net Carbohydrates: 97.84g (35.58%), Sugar: 27.99g (31.1%), Cholesterol: 71.96mg (23.99%), Sodium: 971.08mg (42.22%), Alcohol: 3.9g (100%), Alcohol %: 1.97% (100%), Protein: 20.18g (40.37%), Vitamin B1: 1.09mg (72.78%), Selenium: 49.1µg (70.14%), Folate: 192.23µg (48.06%), Vitamin B2: 0.81mg (47.86%), Manganese: 0.84mg (41.82%), Vitamin B3: 7.51mg (37.53%), Iron: 6.27mg (34.86%), Phosphorus: 249.72mg (24.97%), Fiber: 4.41g (17.65%), Magnesium: 61.76mg (15.44%), Calcium: 150.49mg (15.05%), Copper: 0.29mg (14.44%), Zinc: 2.05mg (13.66%), Vitamin B6: 0.25mg (12.53%), Potassium: 391.51mg (11.19%), Vitamin K: 10.84µg (10.33%), Vitamin B5: 1.01mg (10.1%), Vitamin B12: 0.44µg (7.28%), Vitamin A: 315.38IU (6.31%), Vitamin D: 0.86µg (5.75%), Vitamin E: 0.59mg (3.91%)