



Brandied Plum-Vanilla Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.8 cup plums 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

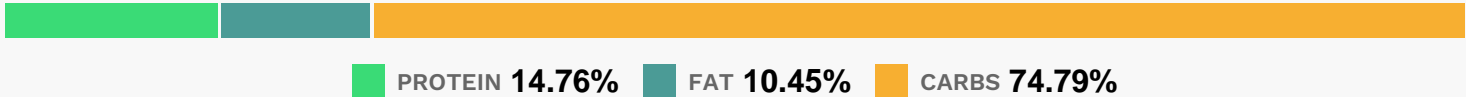
Equipment

- ☐ 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:-7, Nutrition Score:22.495652322536%

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: 566.19kcal (28.31%), Fat: 6.34g (9.75%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 102.08g (34.03%), Net Carbohydrates: 97.67g (35.52%), Sugar: 28.04g (31.15%), Cholesterol: 73.29mg (24.43%), Sodium: 974.62mg (42.37%), Alcohol: 3.9g (100%), Alcohol %: 1.97% (100%), Protein: 20.15g (40.3%), Vitamin B1: 1.08mg (72.25%), Selenium: 49.28µg (70.4%), Vitamin B2: 0.83mg (49.04%), Folate: 193.55µg (48.39%), Manganese: 0.84mg (42.06%), Vitamin B3: 7.5mg (37.48%), Iron: 6.28mg (34.9%), Phosphorus: 244.85mg (24.48%), Fiber: 4.41g (17.65%), Magnesium: 61.32mg (15.33%), Calcium: 147.83mg (14.78%), Copper: 0.29mg (14.55%), Zinc: 2.07mg (13.81%), Vitamin B6: 0.24mg (12.04%), Potassium: 383.1mg (10.95%), Vitamin K: 10.89µg (10.37%), Vitamin B5: 1.01mg (10.08%), Vitamin B12: 0.4µg (6.69%), Vitamin A: 273.79IU (5.48%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.38µg (2.5%)