



Bread and Butter Pudding

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



663 kcal

DESSERT

Ingredients

- ☐ 12 slices brown bread halved
- ☐ 8 tablespoons butter
- ☐ 2 ounces candied peel
- ☐ 2 tablespoons cooking sherry dry
- ☐ 6 eggs
- ☐ 2 tablespoons granulated sugar for dusting sifted
- ☐ 3 pieces lemon zest
- ☐ 5 cups milk

- ☐ 8 servings nutmeg freshly grated
- ☐ 2 cups raisins
- ☐ 1 vanilla pod
- ☐ 0.5 cup whipping cream
- ☐ 12 slices bread white halved

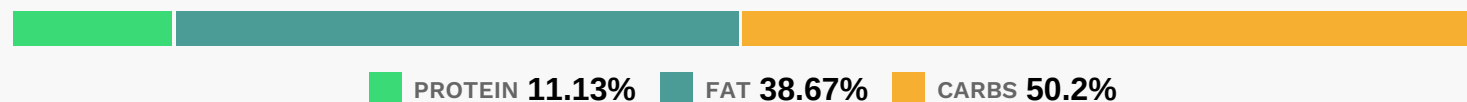
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Rub 2 tablespoons of butter around a casserole and dust with 1 tablespoon granulated sugar. Preheat oven to 325 degrees F. Butter the bread with the remaining 6 tablespoons of butter. Scald milk in a pan, add the vanilla pod and the lemon zest. Stir in 1/4 cup granulated sugar. Increase the heat and dissolve the sugar and then remove from the heat. Arrange some of the cut bread overlapping on the base of the casserole.
- ☐ Sprinkle with some of the raisins and candied peel.
- ☐ Place another layer of bread on top – alternating the brown and white slices. Cover with the remaining bread.
- ☐ Sprinkle the remainder of raisins on top and grate the nutmeg over them. Break the eggs into a bowl and whisk. Slowly stirring into the scalded milk (having removed the lemon zest and vanilla pod).
- ☐ Pour this mixture over the bread. Dust with 1 tablespoon sugar and sprinkle with the dry sherry. Allow to stand 1 hour. Before placing it in the oven, pour the 1/2 cup of whipping cream over the pudding. Cook in the preheated 325 degree oven on the middle shelf for 55 minutes.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:44.36, Inflammation Score:-7, Nutrition Score:21.818695638491%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 662.87kcal (33.14%), Fat: 29.02g (44.65%), Saturated Fat: 15.67g (97.95%), Carbohydrates: 84.78g (28.26%), Net Carbohydrates: 79.21g (28.8%), Sugar: 21.64g (24.05%), Cholesterol: 187.97mg (62.66%), Sodium: 594.04mg (25.83%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 18.79g (37.59%), Selenium: 34.73µg (49.61%), Manganese: 0.91mg (45.26%), Vitamin B2: 0.66mg (38.73%), Calcium: 366.83mg (36.68%), Phosphorus: 360.43mg (36.04%), Vitamin B1: 0.51mg (34.2%), Iron: 4.39mg (24.41%), Folate: 96.54µg (24.14%), Vitamin B3: 4.77mg (23.84%), Fiber: 5.58g (22.31%), Potassium: 708.23mg (20.24%), Vitamin A: 998.56IU (19.97%), Vitamin B12: 1.16µg (19.41%), Vitamin D: 2.58µg (17.17%), Vitamin B5: 1.69mg (16.93%), Magnesium: 66.18mg (16.54%), Vitamin B6: 0.31mg (15.49%), Copper: 0.27mg (13.42%), Zinc: 1.98mg (13.22%), Vitamin E: 1.05mg (7%), Vitamin K: 4.18µg (3.98%), Vitamin C: 2.67mg (3.24%)