



## Bread and Butter Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



447 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 5 small round rolls such as brioche soft cut into 1-inch slices ( 10 ounces total)
- ☐ 5 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 3.3 cups heavy cream
- ☐ 0.1 teaspoon sea salt fine
- ☐ 1.3 cups sugar
- ☐ 5 tablespoons butter unsalted softened

- ☐ 2 vanilla beans split
- ☐ 3.3 cups milk whole

## Equipment

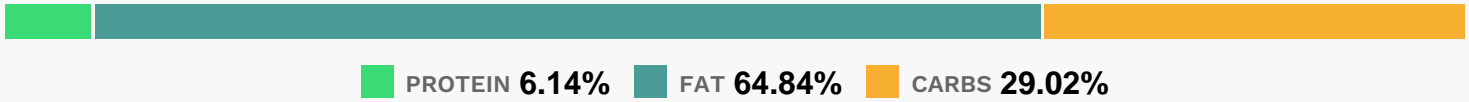
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ spatula
- ☐ toaster

## Directions

- ☐ Position a rack in the middle of the oven and preheat to 325°F. Butter a 9- by 13- by 2-inch rectangular ovenproof dish.
- ☐ Spread the remaining butter on one side of each bread slice. Arrange the bread slices, buttered side up, in one layer on the bottom of the prepared dish.
- ☐ Sprinkle with the raisins and set aside.
- ☐ In a large saucepan, combine the milk, heavy cream, and salt. Using the blade of a small, sharp knife, scrape the seeds from the vanilla beans into the mixture; add the scraped vanilla beans.
- ☐ Place the pan over moderate heat and bring to a boil.
- ☐ Remove from the heat.
- ☐ In a large bowl, whisk together the eggs and sugar until pale yellow, about 1 minute.
- ☐ Whisk about 1 cup of the hot milk mixture slowly into the egg mixture to raise the temperature without cooking the eggs. Gradually whisk in the remaining milk mixture, whisking until fully combined.

- ☐ Pour the custard through a fine-mesh sieve into a large bowl and discard the vanilla beans.
- ☐ Pour the custard over the bread. The bread will float to the top—use a spatula to gently press down on the slices, making sure they are completely covered in custard.
- ☐ Place the dish in a large roasting pan or rimmed baking sheet and add enough warm water to the pan to reach about halfway up the sides of the dish.
- ☐ Bake the pudding for 30 minutes, then use a spatula to gently press down on the bread slices. Continue baking until the pudding is puffed and set but still jiggles in the center, about 30 more minutes.
- ☐ Transfer the pudding in its water bath to a rack to cool slightly.
- ☐ Meanwhile, in a small saucepan over low heat, warm the apricot jam with 1 tablespoon of water, stirring occasionally until liquefied, about 1 minute.
- ☐ Carefully remove the pudding from the water bath, then brush the surface with the warm apricot jam. Dust the top with the confectioners' sugar and serve warm. DO AHEAD: The bread and butter pudding can be prepared ahead, covered, and refrigerated up to two days. Reheat the entire dish in a water bath in a 325°F oven until the center is warm. Individual portions can be reheated in a toaster oven.

## Nutrition Facts



## Properties

Glycemic Index:13.73, Glycemic Load:18.33, Inflammation Score:-6, Nutrition Score:7.5752173143884%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 447.33kcal (22.37%), Fat: 33.07g (50.88%), Saturated Fat: 20.18g (126.11%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 33.04g (12.02%), Sugar: 31.09g (34.54%), Cholesterol: 173.59mg (57.86%), Sodium: 102.23mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin A: 1350.31IU (27.01%), Vitamin B2: 0.33mg (19.49%), Phosphorus: 156.5mg (15.65%), Vitamin D: 2.31µg (15.38%), Calcium: 144.4mg (14.44%), Selenium: 9.96µg (14.23%), Vitamin B12: 0.67µg (11.12%), Vitamin B5: 0.76mg (7.56%), Potassium: 242.68mg (6.93%), Vitamin E: 1.01mg (6.72%), Vitamin B6: 0.12mg (6.01%), Zinc: 0.73mg (4.89%), Magnesium: 17.63mg (4.41%), Vitamin B1: 0.06mg (4.02%), Folate: 12.83µg (3.21%), Iron: 0.57mg (3.17%), Vitamin K: 3µg (2.86%), Copper: 0.05mg (2.53%),

Manganese: 0.03mg (1.51%), Vitamin C: 0.88mg (1.07%), Vitamin B3: 0.2mg (1.01%), Fiber: 0.25g (1.01%)