

Bread Pudding

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



275 kcal

DESSERT

Ingredients

- 3 cups unseasoned bread cubes
- 0.5 cup butter
- 4 eggs lightly beaten
- 0.5 cup heavy cream
- 4 cups scalded milk
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

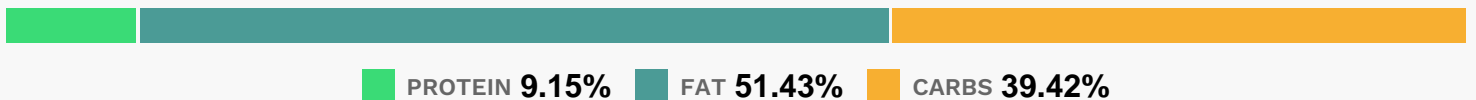
Equipment

- sauce pan
- oven
- wire rack
- baking pan
- roasting pan
- kitchen towels
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Butter an 8x8 inch glass baking dish. Soak bread in hot milk for five minutes. Stir in 3/4 cup sugar, 1 tablespoon butter, salt, eggs, and 1 teaspoon vanilla.
- Pour into the baking dish.
- Line a roasting pan with a damp kitchen towel.
- Place baking dish on towel inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
- Bake for 60 minutes. Cool on wire rack.
- While pudding cools, combine 1 cup sugar, 1/2 cup butter, cream, and 1 teaspoon vanilla in a large saucepan. While stirring, bring to a boil. Reduce heat to low, and stir 3 minutes more. Spoon over warm bread pudding.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:16.65, Inflammation Score:-4, Nutrition Score:6.626086866726%

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 15.94g (24.52%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 26.92g (9.79%), Sugar: 21.74g (24.15%), Cholesterol: 95.86mg (31.95%), Sodium: 278.54mg (12.11%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 6.38g (12.75%), Selenium: 10.57µg (15.1%), Vitamin B2: 0.24mg (14.11%), Phosphorus: 137.29mg (13.73%), Calcium: 134.83mg (13.48%), Vitamin A: 593.38IU (11.87%), Vitamin B12: 0.6µg (10.03%), Vitamin D: 1.35µg (8.98%), Manganese: 0.18mg (8.8%), Vitamin B1: 0.11mg (7.43%), Vitamin B5: 0.68mg (6.79%), Potassium: 174.52mg (4.99%), Folate: 19.47µg (4.87%), Vitamin B6: 0.09mg (4.7%), Zinc: 0.7mg (4.69%), Magnesium: 18.19mg (4.55%), Vitamin B3: 0.89mg (4.45%), Iron: 0.78mg (4.34%), Vitamin E: 0.53mg (3.55%), Fiber: 0.56g (2.24%), Vitamin K: 1.95µg (1.86%), Copper: 0.03mg (1.73%)