



Bread Pudding with Bourbon Sauce

READY IN



70 min.

SERVINGS



8

CALORIES



475 kcal

DESSERT

Ingredients

- 3 tablespoons bourbon
- 6 cups unseasoned bread cubes dry (8 slices)
- 1 cup brown sugar packed
- 0.5 cup butter
- 2 eggs slightly beaten
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 2 cups milk
- 0.5 cup raisins

- 0.3 teaspoon salt
- 2 tablespoons whipping cream

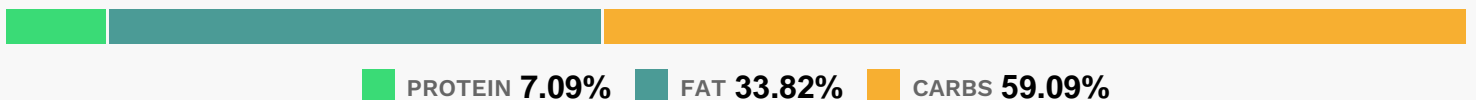
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. In 2-quart saucepan, heat milk and 1/4 cup butter over medium heat until butter is melted and milk is hot.
- In large bowl, mix granulated sugar, cinnamon, salt and eggs with wire whisk until well blended. Stir in bread cubes and raisins. Stir in milk mixture.
- Pour into ungreased 8-inch square (2-quart) glass baking dish or 1 1/2-quart casserole.
- Place casserole in 13x9-inch pan; pour boiling water into pan until 1 inch deep.
- Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge of baking dish comes out clean.
- In 1-quart heavy saucepan, heat all sauce ingredients to boiling over medium heat, stirring constantly, until sugar is dissolved.
- Serve sauce over warm bread pudding. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:24.35, Inflammation Score:-6, Nutrition Score:10.464782652648%

Nutrients (% of daily need)

Calories: 475.23kcal (23.76%), Fat: 17.77g (27.33%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 69.85g (23.28%), Net Carbohydrates: 67.42g (24.52%), Sugar: 44.65g (49.61%), Cholesterol: 52.48mg (17.49%), Sodium: 455.38mg (19.8%), Alcohol: 1.88g (100%), Alcohol %: 1.27% (100%), Protein: 8.39g (16.77%), Manganese: 0.59mg (29.67%), Selenium: 17.21µg (24.59%), Calcium: 168.46mg (16.85%), Vitamin B2: 0.27mg (15.99%), Phosphorus: 151.29mg (15.13%), Vitamin B1: 0.22mg (14.93%), Vitamin A: 722.41IU (14.45%), Vitamin B3: 2.56mg (12.81%), Iron: 2.17mg (12.05%), Folate: 41.72µg (10.43%), Fiber: 2.43g (9.72%), Potassium: 288.22mg (8.23%), Vitamin B5: 0.8mg (8.03%), Magnesium: 31.89mg (7.97%), Vitamin B12: 0.45µg (7.46%), Vitamin B6: 0.13mg (6.69%), Vitamin D: 0.95µg (6.34%), Zinc: 0.87mg (5.8%), Copper: 0.11mg (5.72%), Vitamin E: 0.71mg (4.71%), Vitamin K: 2.47µg (2.35%)