

## **Bread Pudding with Bourbon Sauce**







DESSERT

## Ingredients

2 cups milk

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

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 glass baking pan glass baking pan Heat oven to 350F. 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 11/2-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.		
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## **Properties**

Glycemic Index:30.69, Glycemic Load:24.35, Inflammation Score:-6, Nutrition Score:10.790869570297%

## **Nutrients** (% of daily need)

Calories: 526.23kcal (26.31%), Fat: 23.48g (36.12%), Saturated Fat: 6.21g (38.78%), Carbohydrates: 69.92g (23.31%), Net Carbohydrates: 67.49g (24.54%), Sugar: 44.65g (49.61%), Cholesterol: 52.48mg (17.49%), Sodium: 522.27mg (22.71%), Alcohol: 1.88g (100%), Alcohol %: 1.23% (100%), Protein: 8.45g (16.9%), Manganese: 0.59mg (29.67%), Selenium: 17.21µg (24.59%), Vitamin A: 976.15IU (19.52%), Calcium: 170.59mg (17.06%), Vitamin B2: 0.27mg (16.14%), Phosphorus: 152.92mg (15.29%), Vitamin B1: 0.22mg (14.97%), Vitamin B3: 2.56mg (12.81%), Iron: 2.17mg (12.05%), Folate: 41.79µg (10.45%), Fiber: 2.43g (9.72%), Potassium: 291.2mg (8.32%), Vitamin B5: 0.81mg (8.09%), Magnesium: 32.11mg (8.03%), Vitamin B12: 0.45µg (7.58%), Vitamin B6: 0.13mg (6.73%), Vitamin D: 0.95µg (6.34%), Vitamin E: 0.93mg (6.17%), Zinc: 0.87mg (5.8%), Copper: 0.11mg (5.72%), Vitamin K: 2.47µg (2.35%)