



WHATSheATE



Bread Pudding With Caramel Sauce



Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



628 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 eggs
- ☐ 2 cups heavy whipping cream
- ☐ 1 loaf bread italian cut into 1-inch cubes
- ☐ 2 cups milk
- ☐ 0.3 cup rum
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

- ☐ 0.5 teaspoon vinegar
- ☐ 0.3 cup water
- ☐ 1 cup sugar white

Equipment

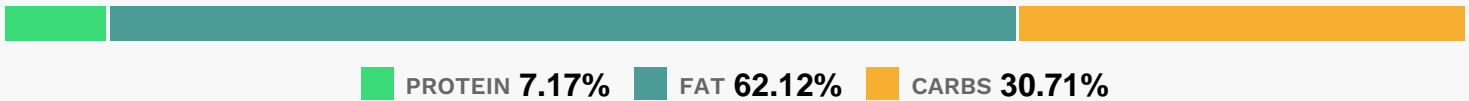
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ roasting pan

Directions

- ☐ Beat eggs in a large bowl with an electric mixer on medium speed until foamy, 2 to 3 minutes. Beat in milk, cream, 1 1/2 cup sugar, rum, vanilla extract, and salt until mixture is thoroughly combined. Gently stir bread cubes into the egg mixture to coat.
- ☐ Let bread soak until the egg mixture has been absorbed, about 1 hour; stir occasionally.
- ☐ Dissolve 1 cup sugar with 1/2 cup water and vinegar in a heavy saucepan.
- ☐ Place over high heat and cook without stirring until the sugar mixture is dark amber in color, about 10 minutes.
- ☐ Remove from heat and let cool until it stops bubbling. Gradually stir 1/4 cup water into the syrup, about 1 tablespoon at a time, stirring until water is incorporated.
- ☐ Pour warm sauce into a 9x9-inch baking pan and swirl the pan so the caramel sauce coats the bottom and sides of the pan.
- ☐ Let caramel sauce set, about 15 minutes. Coat inside of baking dish and caramel layer with butter.

- ☐ Transfer soaked bread cubes and any remaining liquid into the baking dish over caramelsauce and gently press bread cubes together. Cover pan with parchment paper.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place baking pan into a large roasting pan and pour enough boiling water into the roasting pan to reach halfway up the sides of the baking pan.
- ☐ Bake in the preheated oven until a knife inserted into the middle of the pudding comes out clean, about 1 hour and 15 minutes.
- ☐ Let stand for 5 to 10 minutes. Run a knife around the outside of the pan and invert pudding and caramel sauce onto a serving platter.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:14.83, Inflammation Score:-6, Nutrition Score:8.8978260872157%

Nutrients (% of daily need)

Calories: 628.13kcal (31.41%), Fat: 42.75g (65.77%), Saturated Fat: 24.57g (153.58%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.97g (16.72%), Sugar: 37.93g (42.14%), Cholesterol: 202.79mg (67.6%), Sodium: 344.7mg (14.99%), Alcohol: 2.28g (100%), Alcohol %: 1.34% (100%), Protein: 11.11g (22.21%), Vitamin A: 1110.67IU (22.21%), Vitamin B2: 0.37mg (21.48%), Selenium: 13.34µg (19.06%), Phosphorus: 165.01mg (16.5%), Vitamin D: 2µg (13.35%), Folate: 47.16µg (11.79%), Calcium: 113.03mg (11.3%), Vitamin B12: 0.66µg (11.04%), Vitamin B3: 2.15mg (10.77%), Iron: 1.63mg (9.06%), Vitamin B5: 0.85mg (8.5%), Potassium: 268.38mg (7.67%), Vitamin B1: 0.12mg (7.67%), Vitamin E: 0.96mg (6.42%), Fiber: 1.59g (6.34%), Zinc: 0.87mg (5.8%), Magnesium: 21.39mg (5.35%), Vitamin B6: 0.11mg (5.34%), Vitamin K: 2.17µg (2.07%), Copper: 0.04mg (1.77%)