



Bread Pudding with Irish Cream Sauce

READY IN



45 min.

SERVINGS



9

CALORIES



842 kcal

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup dates pitted chopped
- ☐ 2 egg yolks
- ☐ 5 large eggs
- ☐ 9 cups bread french cubed 12 ounces
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon baileys irish cream

- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 2.7 cups milk 2% reduced-fat
- ☐ 2 teaspoons vanilla extract

Equipment

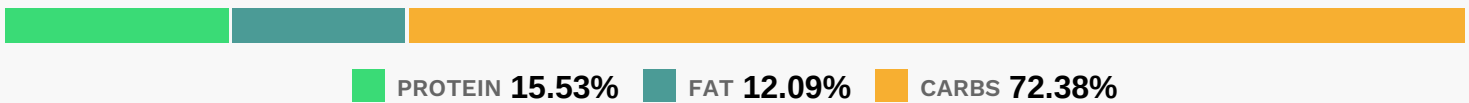
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ To prepare pudding, combine 2/3 cup sugar and eggs in a large bowl, stirring with a whisk.
- ☐ Heat 2 2/3 cups milk, vanilla, and cinnamon in a medium, heavy saucepan over medium heat to 180 or until tiny bubbles form around the edge (do not boil). Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over low heat 6 minutes or until mixture coats the back of a spoon, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Combine bread, dates, and raisins in a large bowl.
- ☐ Pour milk mixture over bread mixture; toss well to coat. Spoon bread mixture into an 8-inch square baking dish coated with cooking spray. Cover and refrigerate 4 hours or up to overnight.
- ☐ Preheat oven to 35
- ☐ Place baking dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake, covered, at 350 for 20 minutes. Uncover and bake an additional 40 minutes or until a knife inserted in center comes out clean.
- ☐ To prepare sauce, combine 2 tablespoons sugar and egg yolks in a medium bowl, stirring with a whisk.

- ☐ Heat 1/2 cup milk in a small, heavy saucepan over medium heat to 180 or until tiny bubbles form around the edge (do not boil). Gradually add hot milk to egg yolk mixture, stirring constantly with a whisk.
- ☐ Place milk mixture in pan; cook over low heat 6 minutes or until mixture coats the back of a spoon, stirring constantly with a whisk.
- ☐ Remove from heat; stir in liqueur.
- ☐ Place pan in a large ice-filled bowl for 5 minutes or until sauce cools to room temperature, stirring constantly.
- ☐ Serve sauce over warm pudding.

Nutrition Facts



Properties

Glycemic Index:21.57, Glycemic Load:97.8, Inflammation Score:-8, Nutrition Score:33.746087286783%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 841.66kcal (42.08%), Fat: 11.32g (17.42%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 152.61g (50.87%), Net Carbohydrates: 146.85g (53.4%), Sugar: 39.07g (43.41%), Cholesterol: 153.18mg (51.06%), Sodium: 1510.62mg (65.68%), Alcohol: 0.53g (100%), Alcohol %: 0.18% (100%), Protein: 32.74g (65.48%), Selenium: 80.89µg (115.56%), Vitamin B1: 1.73mg (115.53%), Folate: 315.14µg (78.79%), Vitamin B2: 1.32mg (77.83%), Manganese: 1.32mg (65.9%), Vitamin B3: 11.63mg (58.13%), Iron: 10.12mg (56.23%), Phosphorus: 403.46mg (40.35%), Calcium: 264.06mg (26.41%), Magnesium: 93.42mg (23.36%), Fiber: 5.75g (23.01%), Zinc: 3.34mg (22.29%), Copper: 0.42mg (21.03%), Vitamin B6: 0.37mg (18.69%), Vitamin B5: 1.69mg (16.87%), Potassium: 519.6mg (14.85%), Vitamin B12: 0.77µg (12.76%), Vitamin E: 0.93mg (6.17%), Vitamin A: 293.11IU (5.86%), Vitamin D: 0.77µg (5.14%), Vitamin K: 2.22µg (2.11%)