



Bread Pudding with Praline Sauce

 Vegetarian

READY IN



85 min.

SERVINGS



16

CALORIES



520 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 3 eggs lightly beaten
- ☐ 1 pound bread french soft
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 cups half-and-half
- ☐ 1 cup heavy cream
- ☐ 2 cups milk
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.5 pound butter unsalted
- ☐ 4 teaspoons vanilla extract
- ☐ 3 cups sugar white

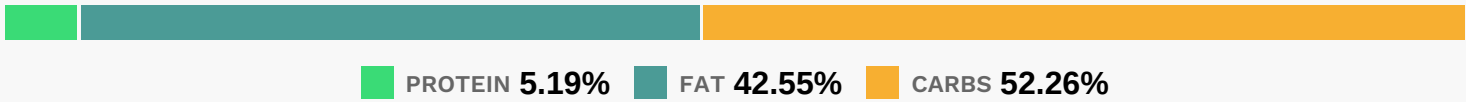
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Coat a 13x9-inch baking dish with 1/4 cup melted butter.
- ☐ Pour half and half and milk over bread in a large mixing bowl; let soak for 10 minutes before gently stirring. Stir eggs into the bread mixture until incorporated.
- ☐ Add sugar, vanilla extract, cinnamon, and raisins respectively, stirring each addition into the mixture before adding the next. Spoon bread mixture into prepared baking dish.
- ☐ Bake in preheated oven until bread mixture is firm and pudding-like, about 50 minutes.
- ☐ Stir 1/2 pound unsalted butter, heavy cream, and brown sugar together in a heavy saucepan; bring to a boil. Reduce heat to low, stir pecans into the cream mixture, and simmer until the sugar is dissolved and the sauce thickens, about 5 minutes; pour over bread pudding to serve.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:38.08, Inflammation Score:-5, Nutrition Score:8.383912988331%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg,

Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 520.39kcal (26.02%), Fat: 25.14g (38.68%), Saturated Fat: 14g (87.48%), Carbohydrates: 69.48g (23.16%), Net Carbohydrates: 68.46g (24.89%), Sugar: 55.52g (61.68%), Cholesterol: 92.22mg (30.74%), Sodium: 222.33mg (9.67%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 6.9g (13.8%), Selenium: 13.29µg (18.99%), Vitamin B2: 0.3mg (17.91%), Vitamin B1: 0.25mg (17%), Manganese: 0.34mg (16.88%), Vitamin A: 776.22IU (15.52%), Phosphorus: 126.97mg (12.7%), Calcium: 118.41mg (11.84%), Folate: 41.5µg (10.38%), Iron: 1.5mg (8.32%), Vitamin B3: 1.51mg (7.56%), Vitamin D: 0.95µg (6.34%), Magnesium: 23.28mg (5.82%), Vitamin B12: 0.34µg (5.72%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.52mg (5.22%), Potassium: 181.78mg (5.19%), Copper: 0.1mg (5.18%), Vitamin E: 0.75mg (5%), Vitamin B6: 0.1mg (4.82%), Fiber: 1.02g (4.08%), Vitamin K: 2.34µg (2.23%)