



Bread Pudding with Rum Sauce

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



755 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 4 large eggs
- ☐ 36 oz evaporated milk canned
- ☐ 0.5 cup golden raisins
- ☐ 1 large apples i use 2 granny smith apples peeled chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 12 servings rum sauce
- ☐ 1.5 cups sugar

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnuts toasted chopped
- ☐ 6 cups torn french packed

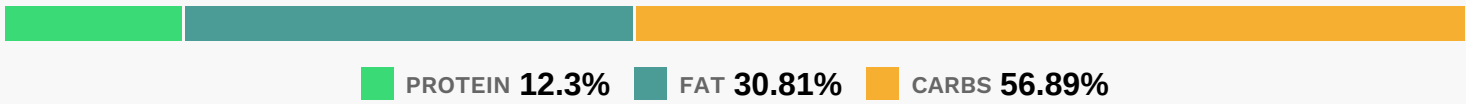
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk eggs in a large bowl.
- ☐ Whisk in sugar and next 4 ingredients. Fold in bread and next 3 ingredients, stirring until bread is moistened.
- ☐ Pour into a 13" x 9" baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 350 for 50 minutes or until set.
- ☐ Serve warm with Rum Sauce.

Nutrition Facts



Properties

Glycemic Index:27.44, Glycemic Load:68.19, Inflammation Score:-7, Nutrition Score:23.660000002902%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 754.74kcal (37.74%), Fat: 25.05g (38.54%), Saturated Fat: 10.53g (65.79%), Carbohydrates: 104.07g (34.69%), Net Carbohydrates: 99.95g (36.35%), Sugar: 44.93g (49.92%), Cholesterol: 107mg (35.67%), Sodium: 888.4mg (38.63%), Alcohol: 5.38g (100%), Alcohol %: 2.23% (100%), Protein: 22.5g (44.99%), Vitamin B1: 0.93mg (61.67%), Selenium: 41.68µg (59.54%), Manganese: 1.05mg (52.6%), Vitamin B2: 0.89mg (52.4%), Folate: 170.74µg (42.68%), Phosphorus: 375.73mg (37.57%), Calcium: 312.67mg (31.27%), Iron: 5.54mg (30.79%), Vitamin B3: 6.09mg (30.45%), Magnesium: 79.23mg (19.81%), Copper: 0.39mg (19.71%), Fiber: 4.12g (16.48%), Zinc: 2.45mg (16.35%), Potassium: 533.16mg (15.23%), Vitamin B6: 0.28mg (13.91%), Vitamin B5: 1.28mg (12.81%), Vitamin A: 542.6IU (10.85%), Vitamin E: 0.9mg (5.97%), Vitamin B12: 0.3µg (5.01%), Vitamin C: 2.8mg (3.4%), Vitamin K: 3.04µg (2.89%), Vitamin D: 0.42µg (2.79%)