

Bread Pudding with Whiskey Sauce

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



538 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 2 eggs beaten
- 1 pound bread french cut into 1 inch cubes
- 0.5 cup heavy cream
- 2.5 cups milk
- 1 cup pecans chopped
- 2 tablespoons vanilla extract
- 0.3 cup irish whiskey

0.5 cup sugar white

Equipment

bowl

frying pan

sauce pan

oven

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13 inch pan.

In a large bowl, stir together eggs, butter, vanilla and milk. Gradually add 1/4 cup sugar and mix thoroughly until sugar is dissolved.

Place bread cubes in bottom of prepared pan.

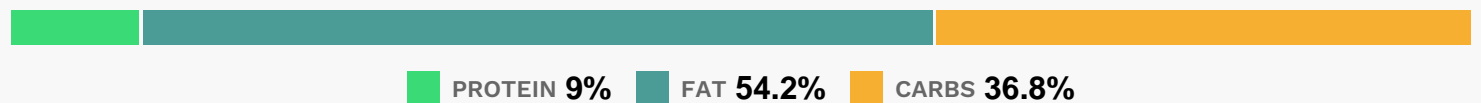
Pour liquid over bread, fully saturating all bread.

Sprinkle pecans on top.

Bake in preheated oven for 60 minutes, until golden. Meanwhile, combine 1/2 cup white sugar, 1/2 cup butter, cream and whiskey in a small saucepan. Warm over low heat, stirring constantly, until sauce is gently boiling.

Pour sauce over baked bread pudding and serve.

Nutrition Facts



Properties

Glycemic Index:32.95, Glycemic Load:32.83, Inflammation Score:-6, Nutrition Score:14.788695564736%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 538.07kcal (26.9%), Fat: 31.59g (48.59%), Saturated Fat: 13.62g (85.12%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 45.7g (16.62%), Sugar: 20.21g (22.45%), Cholesterol: 97.38mg (32.46%), Sodium: 481.58mg (20.94%), Alcohol: 3.77g (100%), Alcohol %: 2.28% (100%), Protein: 11.8g (23.61%), Manganese: 0.93mg (46.25%), Vitamin B1: 0.54mg (36.28%), Selenium: 22.22µg (31.75%), Vitamin B2: 0.45mg (26.68%), Phosphorus: 208.52mg (20.85%), Folate: 78.93µg (19.73%), Iron: 2.78mg (15.46%), Vitamin A: 763.76IU (15.28%), Calcium: 152.67mg (15.27%), Vitamin B3: 3.01mg (15.07%), Copper: 0.26mg (13.21%), Magnesium: 46.81mg (11.7%), Zinc: 1.72mg (11.44%), Fiber: 2.56g (10.22%), Vitamin B12: 0.56µg (9.29%), Vitamin D: 1.3µg (8.65%), Vitamin B5: 0.81mg (8.15%), Vitamin B6: 0.16mg (8.05%), Potassium: 274.43mg (7.84%), Vitamin E: 0.93mg (6.2%), Vitamin K: 2.6µg (2.48%)