



# Bread Pudding with Whiskey Sauce

 Vegetarian

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

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

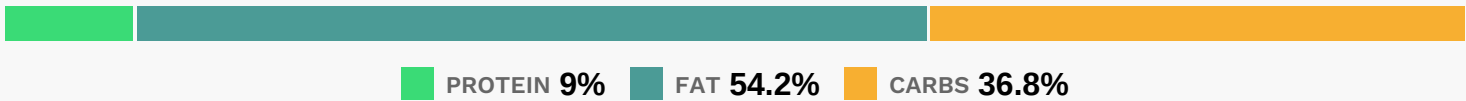
Equipment

- ☐ 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%)