



Bread Pudding with Whiskey Sauce

READY IN



140 min.

SERVINGS



12

CALORIES



543 kcal

DESSERT

Ingredients

- 4 large eggs whole
- 1 large egg yolk
- 0.8 cup sugar
- 2.5 cups milk
- 2.5 cups whipping cream (heavy)
- 1 tablespoon vanilla
- 1 teaspoon ground cinnamon
- 12 oz bread french firm cut into 1/2-inch slices, then cut into 1 1/2-inch pieces (10 cups)
- 0.5 cup raisins

- 2 tablespoons sugar
- 0.5 teaspoon ground cinnamon
- 2 tablespoons butter melted
- 0.5 cup butter
- 2 tablespoons water
- 1 large eggs
- 1 cup sugar
- 2 tablespoons bourbon

Equipment

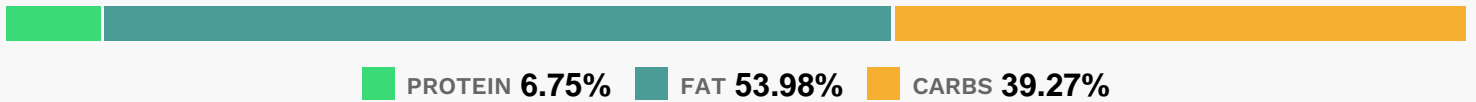
- bowl
- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 325°F. Grease bottom and sides of 13x9-inch glass baking dish with shortening or spray with cooking spray.
- In large bowl, beat 4 whole eggs, 1 egg yolk and 3/4 cup sugar with wire whisk until well blended. Beat in milk, whipping cream, vanilla and 1 teaspoon cinnamon until well blended. Stir in 7 cups of the bread pieces and the raisins.
- Let stand 20 minutes.
- Pour into baking dish. Lightly press remaining 3 cups bread pieces on top of mixture in baking dish.
- In small bowl, stir 2 tablespoons sugar and 1/2 teaspoon cinnamon until well blended.
- Brush top of bread mixture with melted 2 tablespoons butter; sprinkle with cinnamon-sugar.
- Bake uncovered 55 to 65 minutes or until top is puffed and light golden brown (center will jiggle slightly). Cool 30 minutes.

- Meanwhile, in 1-quart saucepan, melt 1/2 cup butter over low heat; do not allow to simmer.
- Remove from heat; cool 10 minutes.
- Mix water and 1 egg in small bowl; stir into butter until blended. Stir in 1 cup sugar. Cook over medium-low heat, stirring constantly, until sugar is dissolved and mixture begins to boil; remove from heat. Stir in whiskey. Cool at least 10 minutes before serving.
- Serve sauce over warm bread pudding. Store remaining dessert and sauce covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:32.56, Glycemic Load:32.44, Inflammation Score:-7, Nutrition Score:10.744347898856%

Nutrients (% of daily need)

Calories: 543.28kcal (27.16%), Fat: 32.8g (50.45%), Saturated Fat: 15.32g (95.72%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 52g (18.91%), Sugar: 36.85g (40.94%), Cholesterol: 154.93mg (51.64%), Sodium: 310.53mg (13.5%), Alcohol: 1.21g (100%), Alcohol %: 0.74% (100%), Protein: 9.23g (18.46%), Vitamin A: 1367.25IU (27.34%), Selenium: 18.04µg (25.77%), Vitamin B2: 0.36mg (21.18%), Manganese: 0.41mg (20.55%), Phosphorus: 171.01mg (17.1%), Calcium: 152.42mg (15.24%), Vitamin D: 1.85µg (12.3%), Vitamin B1: 0.17mg (11.6%), Vitamin B12: 0.58µg (9.64%), Folate: 38.25µg (9.56%), Iron: 1.67mg (9.27%), Vitamin B5: 0.92mg (9.24%), Vitamin B3: 1.76mg (8.82%), Vitamin E: 1.16mg (7.75%), Potassium: 251.77mg (7.19%), Fiber: 1.68g (6.71%), Vitamin B6: 0.13mg (6.67%), Magnesium: 26.24mg (6.56%), Zinc: 0.94mg (6.3%), Copper: 0.09mg (4.35%), Vitamin K: 3.28µg (3.12%)