



Bread Pudding with Whiskey Sauce

 Vegetarian

READY IN



80 min.

SERVINGS



15

CALORIES



500 kcal

DESSERT

Ingredients

- 4 apples cored peeled sliced
- 6 cups day-old bread cubes
- 1 pound butter
- 3 eggs beaten
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 4 peaches fresh pitted peeled sliced
- 1 cup irish whiskey

- 2 cups sugar white
- 2.5 cups milk whole


Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Coat a 9x13 baking dish with cooking spray. Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine eggs, 1 cup sugar, milk, cinnamon and nutmeg and stir until smooth. Fold in peaches, apples and bread cubes, until bread is well coated.
- Pour into prepared baking dish. Dot with 6 tablespoons butter.
- Bake in preheated oven for 1 hour, until set.
- Serve warm with whiskey sauce.
- To make whiskey sauce: In a medium saucepan over medium heat, combine whiskey, 1 pound butter and 2 cups sugar. Cook and stir until sugar dissolves and sauce is smooth.
- Remove from heat and serve hot.

Nutrition Facts

  
 **PROTEIN 4.72%**  **FAT 53.05%**  **CARBS 42.23%**

Properties

Glycemic Index:25.27, Glycemic Load:28.24, Inflammation Score:-6, Nutrition Score:8.187391322592%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 500.06kcal (25%), Fat: 27.98g (43.05%), Saturated Fat: 16.77g (104.81%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 47.35g (17.22%), Sugar: 38.35g (42.61%), Cholesterol: 102.63mg (34.21%), Sodium: 334.32mg (14.54%), Alcohol: 5.66g (100%), Alcohol %: 3.08% (100%), Protein: 5.6g (11.2%), Vitamin A: 1026.8IU (20.54%), Manganese: 0.35mg (17.58%), Selenium: 11.24µg (16.05%), Vitamin B2: 0.19mg (11.38%), Fiber: 2.78g (11.12%), Phosphorus: 109.53mg (10.95%), Calcium: 97.11mg (9.71%), Vitamin B1: 0.14mg (9.28%), Vitamin B3: 1.69mg (8.46%), Vitamin E: 1.24mg (8.27%), Folate: 28µg (7%), Iron: 1.2mg (6.64%), Potassium: 214.5mg (6.13%), Vitamin B5: 0.6mg (5.95%), Vitamin B12: 0.35µg (5.82%), Vitamin K: 5.69µg (5.42%), Magnesium: 21.59mg (5.4%), Vitamin B6: 0.1mg (4.79%), Vitamin C: 3.93mg (4.76%), Copper: 0.09mg (4.48%), Zinc: 0.66mg (4.42%), Vitamin D: 0.62µg (4.16%)