



Bread Pudding with Whiskey Sauce II

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



556 kcal

DESSERT

Ingredients

- ☐ 1 pound bread cut into 1 inch cubes
- ☐ 0.8 cup butter
- ☐ 0.8 cup plus
- ☐ 6 eggs lightly beaten
- ☐ 0.5 cup golden raisins
- ☐ 0.5 tablespoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 4 cups milk

- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup irish whiskey
- ☐ 1.5 cups sugar white

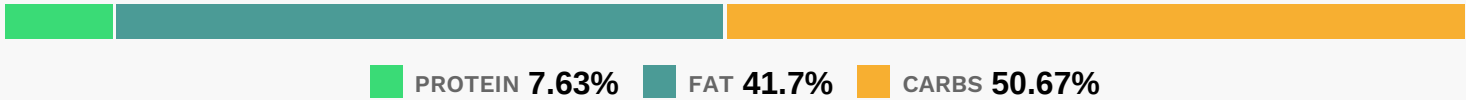
Equipment

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

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ In a medium bowl, whip together eggs and sugar.
- ☐ Mix in milk, heavy cream, vanilla extract and cinnamon. Whip until smooth.
- ☐ Arrange bread cubes in a medium baking dish, and top with golden raisins. Cover with the whipped mixture. Allow the bread to become saturated with the mixture.
- ☐ Bake 45 minutes in the preheated oven, until lightly browned.
- ☐ To make the sauce, mix sugar, butter and corn syrup in a medium saucepan over low heat.
- ☐ Remove from heat when thoroughly blended, and whisk in the whiskey.
- ☐ Serve warm over bread pudding.

Nutrition Facts



Properties

Glycemic Index:26.04, Glycemic Load:34.25, Inflammation Score:-6, Nutrition Score:11.735217322474%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 556.32kcal (27.82%), Fat: 25.23g (38.81%), Saturated Fat: 14.33g (89.56%), Carbohydrates: 68.97g (22.99%), Net Carbohydrates: 67.04g (24.38%), Sugar: 51.8g (57.55%), Cholesterol: 144.51mg (48.17%), Sodium: 351.84mg (15.3%), Alcohol: 3.91g (100%), Alcohol %: 2.08% (100%), Protein: 10.39g (20.77%), Selenium: 20.27µg (28.96%), Manganese: 0.54mg (27.06%), Vitamin B2: 0.37mg (21.63%), Phosphorus: 196.9mg (19.69%), Calcium: 185.79mg (18.58%), Vitamin A: 898.4IU (17.97%), Vitamin B1: 0.23mg (15.23%), Vitamin B3: 2.32mg (11.58%), Vitamin B12: 0.69µg (11.51%), Vitamin D: 1.65µg (11.01%), Folate: 43.89µg (10.97%), Iron: 1.92mg (10.67%), Vitamin B5: 1.03mg (10.27%), Magnesium: 32.23mg (8.06%), Zinc: 1.2mg (7.97%), Potassium: 276.83mg (7.91%), Vitamin B6: 0.16mg (7.83%), Fiber: 1.93g (7.72%), Vitamin E: 0.87mg (5.8%), Copper: 0.1mg (5.09%), Vitamin K: 4.11µg (3.91%)