



Brown Sugar Bread Pudding with Crème Anglaise



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 1 ounce diagonally bread french cut ()
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup brown sugar packed
- ☐ 4 teaspoons brown sugar
- ☐ 1.5 teaspoons butter cut into small pieces
- ☐ 1.8 cups crème anglaise chilled
- ☐ 1 cup fruit mixed dried chopped

- ☐ 1 large eggs
- ☐ 4 large egg whites
- ☐ 0.8 cup evaporated milk fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 1 cup pineapple juice
- ☐ 2 teaspoons vanilla extract

Equipment

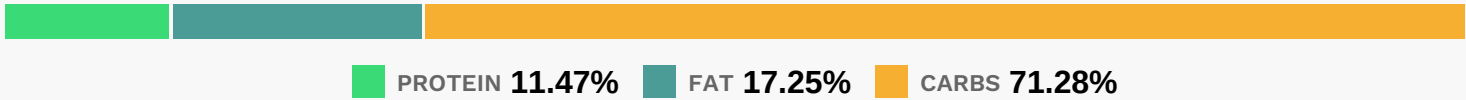
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 3 ingredients in a small saucepan. Bring to a boil, and cook until reduced to 1 cup (about 8 minutes).
- ☐ Remove from heat.
- ☐ Combine egg whites and egg in a medium bowl, beating with a whisk until blended. Stir in milks, 1/3 cup brown sugar, vanilla, cinnamon, and nutmeg. Arrange half of bread slices, slightly overlapping, in the bottom of an 8-inch baking pan coated with cooking spray. Spoon fruit mixture evenly over bread. Arrange remaining bread over the fruit mixture.
- ☐ Pour egg mixture over bread.
- ☐ Sprinkle top with 4 teaspoons brown sugar and butter.
- ☐ Place pan in a 13 x 9-inch baking pan; add hot water to larger pan to a depth of 1 inch.

- ☐
- Bake at 350 for 45 minutes or until a knife inserted in center comes out clean.
- ☐
- Remove 8-inch pan from water.
- ☐
- Serve warm with Crme Anglaise.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:4.4221739302511%

Nutrients (% of daily need)

Calories: 168.36kcal (8.42%), Fat: 3.26g (5.02%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.8g (10.84%), Sugar: 27.52g (30.58%), Cholesterol: 28.05mg (9.35%), Sodium: 94.76mg (4.12%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Protein: 4.88g (9.76%), Vitamin B2: 0.22mg (12.73%), Calcium: 114.34mg (11.43%), Manganese: 0.19mg (9.41%), Selenium: 6.39µg (9.13%), Phosphorus: 85.82mg (8.58%), Potassium: 209.46mg (5.98%), Magnesium: 18.19mg (4.55%), Vitamin B12: 0.24µg (4.07%), Vitamin B1: 0.06mg (4.02%), Vitamin B5: 0.39mg (3.88%), Folate: 14.15µg (3.54%), Vitamin C: 2.83mg (3.43%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.47mg (3.16%), Iron: 0.53mg (2.97%), Copper: 0.05mg (2.73%), Vitamin A: 122.76IU (2.46%), Fiber: 0.53g (2.13%), Vitamin B3: 0.31mg (1.55%)