



Butternut Squash Bread Pudding with Tres Leches Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



441 kcal

DESSERT

Ingredients

- 0.3 teaspoon five spice powder chinese
- 12 oz crusty baguette
- 0.5 cup brown sugar light packed
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- 12 servings butter for pan
- 2 lbs butternut squash
- 5 large eggs

- 0.5 cup granulated sugar
- 3 cups half and half divided
- 12 servings mrs richardson's butterscotch caramel sauce
- 0.3 teaspoon nutmeg freshly grated

Equipment

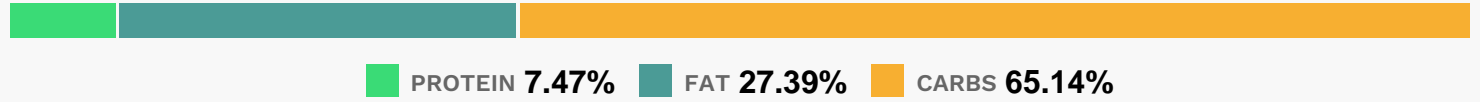
- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- microwave

Directions

- Cut bread into 1-in. cubes and spread them on a baking sheet or clean counter.
- Let sit overnight.
- Preheat oven to 35
- With a fork or sharp knife, poke holes all over squash. Microwave it on high 10 minutes.
- Let sit until cool enough to handle. Halve squash lengthwise; scoop out and discard seeds. Flesh should be tender when scraped with a fork; if it isn't, microwave on high (cut side down) in 1-minute intervals until tender.
- Scrape flesh from 1 squash half into a blender. Whirl with 2 cups half-and-half, the granulated sugar, nutmeg, and five-spice powder until smooth.
- Add eggs and whirl just to combine.
- Put bread cubes in a large bowl and pour half the egg mixture over them. Stir remaining 1 cup half-and-half into remaining egg mixture and pour entire mixture over bread.
- Let sit 30 minutes.
- Meanwhile, scrape flesh from other squash half into a medium bowl.
- Add brown sugar and mash coarsely with a fork.

- Gently stir mashed squash into bread mixture. Butter a 9- by 13-in. pan and pour mixture into pan.
- Bake until set in the center, about 30 minutes.
- Serve warm, with Tres Leches Sauce.

Nutrition Facts



Properties

Glycemic Index:22.24, Glycemic Load:15.19, Inflammation Score:-10, Nutrition Score:15.496521825376%

Nutrients (% of daily need)

Calories: 440.99kcal (22.05%), Fat: 13.9g (21.38%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 74.38g (24.79%), Net Carbohydrates: 72.25g (26.27%), Sugar: 54.48g (60.54%), Cholesterol: 109.43mg (36.47%), Sodium: 418.5mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Vitamin A: 8524.07IU (170.48%), Selenium: 14.43µg (20.62%), Vitamin C: 16.64mg (20.17%), Vitamin B2: 0.32mg (18.96%), Calcium: 179.17mg (17.92%), Vitamin B1: 0.27mg (17.85%), Phosphorus: 168.59mg (16.86%), Manganese: 0.33mg (16.29%), Folate: 63.53µg (15.88%), Potassium: 463.37mg (13.24%), Vitamin B3: 2.3mg (11.51%), Iron: 2.07mg (11.5%), Magnesium: 45.59mg (11.4%), Vitamin E: 1.68mg (11.18%), Vitamin B6: 0.22mg (10.99%), Vitamin B5: 1mg (9.97%), Fiber: 2.13g (8.51%), Vitamin B12: 0.38µg (6.35%), Copper: 0.12mg (5.98%), Zinc: 0.86mg (5.72%), Vitamin D: 0.42µg (2.78%), Vitamin K: 2.88µg (2.74%)