



## Butternut Squash Bread Pudding with Tres Leches Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



406 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon five-spice powder chinese
- ☐ 12 oz baguette
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 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 tres leches sauce
- ☐ 0.3 teaspoon nutmeg freshly grated

## Equipment

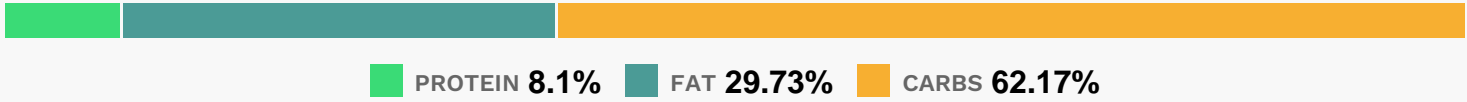
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ microwave

## 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:15.375217354816%

Nutrients (% of daily need)

Calories: 406.16kcal (20.31%), Fat: 13.9g (21.38%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 65.38g (21.79%), Net Carbohydrates: 63.25g (23%), Sugar: 45.59g (50.66%), Cholesterol: 109.43mg (36.47%), Sodium: 415.93mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Vitamin A: 8524.07IU (170.48%), Selenium: 14.32µg (20.46%), Vitamin C: 16.64mg (20.17%), Vitamin B2: 0.32mg (18.96%), Vitamin B1: 0.27mg (17.85%), Calcium: 171.56mg (17.16%), Phosphorus: 168.23mg (16.82%), Manganese: 0.32mg (16%), Folate: 63.43µg (15.86%), Potassium: 451.18mg (12.89%), Vitamin B3: 2.29mg (11.46%), Magnesium: 44.77mg (11.19%), Vitamin E: 1.68mg (11.18%), Iron: 2mg (11.14%), Vitamin B6: 0.22mg (10.8%), Vitamin B5: 0.99mg (9.85%), Fiber: 2.13g (8.51%), Vitamin B12: 0.38µg (6.35%), Copper: 0.12mg (5.76%), Zinc: 0.86mg (5.7%), Vitamin D: 0.42µg (2.78%), Vitamin K: 2.88µg (2.74%)