



Butterscotch Pudding with Bourbon-Brown Sugar Meringue

 Vegetarian

READY IN



52 min.

SERVINGS



6

CALORIES



514 kcal

DESSERT

Ingredients

- 1 tablespoon bourbon
- 0.5 cup firmly brown sugar light packed
- 0.8 cup firmly brown sugar light packed
- 0.3 cup butter
- 3 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 3 egg whites

- 3 egg yolks
- 1 cup heavy whipping cream
- 2.3 cups milk divided
- 2 tablespoons blackstrap molasses
- 0.3 teaspoon salt
- 0.5 vanilla pod
- 2 teaspoons vanilla extract
- 2 tablespoons water

Equipment

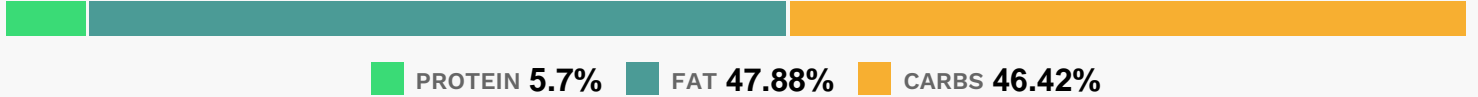
- bowl
- sauce pan
- whisk
- plastic wrap
- baking pan
- hand mixer
- candy thermometer

Directions

- Combine butter, 3/4 cup brown sugar, and molasses in a medium saucepan. Cook over medium heat, stirring constantly, 5 minutes or until sugar dissolves.
- Combine 1 3/4 cups milk and whipping cream in a separate saucepan. Split vanilla bean lengthwise. Scrape seeds from vanilla bean into saucepan; stir in bean pod. Bring just to a simmer over medium heat.
- Remove and discard vanilla bean pod. Slowly whisk milk mixture into sugar mixture.
- Whisk together egg yolks, remaining 1/2 cup milk, cornstarch, vanilla, and salt in a small bowl. Gradually stir about one-fourth of hot mixture into yolk mixture; add yolk mixture to remaining hot mixture, stirring constantly. Cook over medium heat, stirring constantly, 20 minutes or until thickened.
- Remove from heat; pour into a 1-quart baking dish.

- Place plastic wrap directly on surface of pudding; chill at least 8 hours.
- Combine 1/2 cup brown sugar, bourbon, and water in a small saucepan. Cook over medium-low heat 7 minutes or until a candy thermometer reaches 23
- Meanwhile, beat egg whites and cream of tartar at high speed with an electric mixer until stiff peaks form. Gradually drizzle in hot brown sugar syrup, beating at high speed 2 minutes or until thick and glossy. Mound meringue over chilled pudding, forming peaks with the back of a spoon. Broil 8 inches from heat 2 minutes or until meringue is browned.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:3.82, Inflammation Score:-6, Nutrition Score:8.705217472885%

Nutrients (% of daily need)

Calories: 514.02kcal (25.7%), Fat: 27.4g (42.16%), Saturated Fat: 16.55g (103.43%), Carbohydrates: 59.78g (19.93%), Net Carbohydrates: 59.74g (21.73%), Sugar: 55.33g (61.48%), Cholesterol: 173.34mg (57.78%), Sodium: 248.53mg (10.81%), Alcohol: 1.29g (100%), Alcohol %: 0.71% (100%), Protein: 7.34g (14.68%), Vitamin A: 1097.47IU (21.95%), Calcium: 205.81mg (20.58%), Vitamin B2: 0.32mg (18.76%), Selenium: 12.91µg (18.45%), Phosphorus: 159.65mg (15.96%), Vitamin D: 2.13µg (14.18%), Vitamin B12: 0.76µg (12.71%), Potassium: 392.54mg (11.22%), Magnesium: 36.64mg (9.16%), Vitamin B5: 0.87mg (8.65%), Vitamin B6: 0.17mg (8.3%), Manganese: 0.15mg (7.41%), Vitamin E: 0.86mg (5.75%), Iron: 0.97mg (5.37%), Vitamin B1: 0.08mg (5.27%), Zinc: 0.73mg (4.86%), Folate: 16.07µg (4.02%), Copper: 0.07mg (3.71%), Vitamin K: 2.27µg (2.16%), Vitamin B3: 0.26mg (1.31%)