



Café Brûlot Bread Pudding

READY IN



90 min.

SERVINGS



10

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 8 oz bread loaf french cut into 1-inch cubes
- ☐ 0.3 cup butter melted
- ☐ 3 large eggs
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 10 servings café brûlot sauce
- ☐ 2 cups milk
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange zest

- ☐ 0.3 teaspoon salt
- ☐ 1 cup strong chicory coffee brewed
- ☐ 1 cup sugar

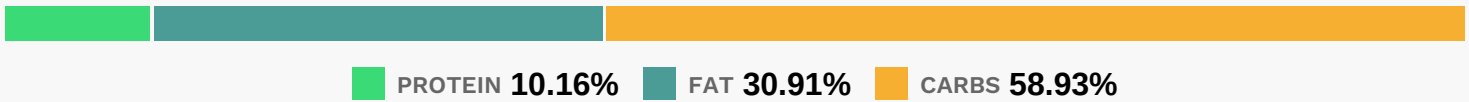
Equipment

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

Directions

- ☐ Preheat oven to 32
- ☐ Whisk together first 10 ingredients in a large bowl.
- ☐ Add bread cubes; cover and chill 10 minutes. Spoon bread into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 325 for 1 hour or until set.
- ☐ Serve immediately with Caf Brlot Sauce.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:24.23, Inflammation Score:-3, Nutrition Score:6.5660869375519%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin:
0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg,
Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 235.38kcal (11.77%), Fat: 8.23g (12.66%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 34.63g (12.59%), Sugar: 24.17g (26.86%), Cholesterol: 73.86mg (24.62%), Sodium: 283.84mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.48mg (3.16%), Protein: 6.09g (12.17%), Selenium: 12.21µg (17.45%), Vitamin B2: 0.26mg (15.23%), Vitamin B1: 0.2mg (13.62%), Phosphorus: 106.18mg (10.62%), Folate: 37.65µg (9.41%), Manganese: 0.17mg (8.67%), Calcium: 85.6mg (8.56%), Vitamin B12: 0.41µg (6.78%), Iron: 1.2mg (6.64%), Vitamin A: 317.28IU (6.35%), Vitamin B3: 1.24mg (6.18%), Vitamin B5: 0.57mg (5.7%), Vitamin D: 0.84µg (5.58%), Vitamin C: 3.92mg (4.75%), Zinc: 0.65mg (4.33%), Potassium: 148.4mg (4.24%), Vitamin B6: 0.08mg (4.19%), Magnesium: 16.71mg (4.18%), Fiber: 0.66g (2.65%), Copper: 0.05mg (2.58%), Vitamin E: 0.37mg (2.49%)