

Cajun Bread Pudding

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



834 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 0.3 cup plus
- 4 eggs
- 11 cups bread french cubed (1-inch cubes)
- 0.5 teaspoon ground cinnamon
- 4.8 cups milk divided
- 0.5 cup pecans coarsely chopped

- 0.7 cup raisins
- 0.3 teaspoon salt
- 0.7 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- sauce pan
- oven
- knife
- baking pan

Directions

- In a large saucepan, heat 4 cups of milk until warm; set aside. In a large bowl, combine the eggs, sugar, vanilla, salt and remaining milk. Gradually add warmed milk, stirring constantly. Stir in butter.
- Add bread cubes; let soak 10 minutes.
- Add cinnamon, and raisins and/or pecans if desired.
- Pour into a 13-in. x 9-in. baking dish.
- Bake, uncovered, at 400° for 45–60 minutes or until a knife inserted in center comes out clean.
- For sauce, bring water to a boil in a small saucepan.
- Add brown sugar; stir to dissolve.
- Add corn syrup. Bring to boil; cook 15–20 seconds.
- Remove from the heat. Stir in the pecans, vanilla, butter and salt.
- Cut pudding into squares and serve with sauce.

Nutrition Facts



■ PROTEIN 13.76% ■ FAT 15.96% ■ CARBS 70.28%

Properties

Glycemic Index:27.62, Glycemic Load:101.04, Inflammation Score:-8, Nutrition Score:32.105652531852%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 834.27kcal (41.71%), Fat: 15g (23.07%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 148.55g (49.52%), Net Carbohydrates: 142.75g (51.91%), Sugar: 39.22g (43.57%), Cholesterol: 71.17mg (23.72%), Sodium: 1436.77mg (62.47%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 29.09g (58.18%), Vitamin B1: 1.64mg (109.63%), Selenium: 68.82µg (98.31%), Manganese: 1.39mg (69.48%), Folate: 275.02µg (68.76%), Vitamin B2: 1.15mg (67.65%), Vitamin B3: 10.72mg (53.59%), Iron: 9.12mg (50.65%), Phosphorus: 373.8mg (37.38%), Calcium: 253.23mg (25.32%), Fiber: 5.8g (23.2%), Magnesium: 91.47mg (22.87%), Copper: 0.42mg (21.24%), Zinc: 3.11mg (20.73%), Vitamin B6: 0.34mg (17.17%), Potassium: 513.56mg (14.67%), Vitamin B5: 1.36mg (13.63%), Vitamin B12: 0.66µg (10.93%), Vitamin D: 1.36µg (9.04%), Vitamin A: 296.76IU (5.94%), Vitamin E: 0.78mg (5.18%), Vitamin K: 2.2µg (2.1%)