



Cake Doughnut Bread Pudding

READY IN



70 min.

SERVINGS



10

CALORIES



2013 kcal

DESSERT

Ingredients

- 10 servings bread pudding
- 0.5 pound confectioners' sugar
- 10 servings rum dark to taste
- 5 large eggs lightly beaten
- 1.5 teaspoons ground cinnamon
- 2 cups heavy cream
- 16 cake doughnuts
- 0.5 cup raisins
- 1 cup sugar

- 1 stick butter unsalted
- 4 tablespoons butter unsalted
- 1 tablespoon vanilla extract pure

Equipment

- food processor
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F.
- In a food processor, combine butter and sugar briefly, just until it forms into a ball.
- Add eggs, heavy cream, cinnamon, and vanilla, and process until blended.
- Lightly butter a 9 by 13-inch baking dish. Break up the doughnuts into 1-inch pieces and layer in the pan. Scatter the raisins over the top.
- Pour the egg mixture over the doughnuts; soak for 5 to 10 minutes. You will need to push doughnut pieces down during this time to ensure even coverage by egg mixture.
- Cover with foil and bake for 35 to 40 minutes.
- Remove foil and bake for additional 10 minutes to brown the top. The doughnut bread pudding is done when the custard is set, but still soft.
- Make the rum sauce: melt butter over medium heat in a saucepan, and take off the heat.
- Add confectioners' sugar to the melted butter and whisk to blend.
- Add rum, to taste.
- Pour the sauce over the bread pudding and allow to soak in.

Nutrition Facts



■ PROTEIN 6.79% ■ FAT 21.54% ■ CARBS 71.67%

Properties

Glycemic Index:20.76, Glycemic Load:24.17, Inflammation Score:-8, Nutrition Score:39.55826080882%

Nutrients (% of daily need)

Calories: 2013.3kcal (100.67%), Fat: 47.6g (73.24%), Saturated Fat: 24.47g (152.94%), Carbohydrates: 356.29g (118.76%), Net Carbohydrates: 352.12g (128.04%), Sugar: 221.57g (246.19%), Cholesterol: 672.72mg (224.24%), Sodium: 3176.03mg (138.09%), Alcohol: 5.46g (100%), Alcohol %: 1.04% (100%), Protein: 33.76g (67.51%), Vitamin B2: 1.59mg (93.79%), Selenium: 61.32µg (87.61%), Vitamin B1: 1.31mg (87.4%), Iron: 14.8mg (82.2%), Phosphorus: 781.19mg (78.12%), Manganese: 1.43mg (71.45%), Folate: 263.8µg (65.95%), Vitamin B3: 10.98mg (54.89%), Calcium: 426.08mg (42.61%), Vitamin A: 1997.7IU (39.95%), Vitamin B5: 3.05mg (30.52%), Vitamin B12: 1.48µg (24.66%), Zinc: 3.22mg (21.48%), Copper: 0.4mg (19.75%), Potassium: 662.64mg (18.93%), Magnesium: 73.46mg (18.37%), Vitamin B6: 0.35mg (17.75%), Fiber: 4.17g (16.69%), Vitamin D: 2.48µg (16.5%), Vitamin E: 2.3mg (15.36%), Vitamin K: 5.21µg (4.96%)