



Caramel-Croissant Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



73 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 2 all-butter croissants stale
- 2 large eggs beaten
- 0.5 cup heavy cream
- 0.5 cup milk
- 0.5 cup sugar
- 2 tablespoons water

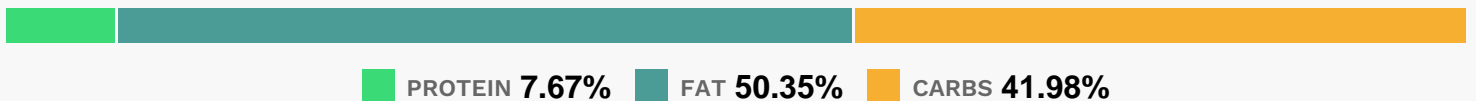
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- pastry brush

Directions

- Preheat the oven to 35
- Lightly butter a 1-quart shallow baking dish and arrange the croissant pieces in the dish. In a small saucepan, stir the sugar and water over moderately high heat until the sugar dissolves; wash down any crystals on the sides with a wet pastry brush. Cook without stirring until a medium amber caramel forms, about 5 minutes.
- Remove from the heat and stir in the cream, milk and bourbon. Cook over low heat just until any hardened caramel dissolves.
- In a bowl, whisk the eggs. Gradually whisk in the hot caramel.
- Pour over the croissants and let stand for 10 minutes, pressing the croissants to keep them submerged.
- Bake the pudding in the center of the oven for 20 minutes, until puffed and golden.
- Let cool for 10 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:4.8, Inflammation Score:-1, Nutrition Score:1.21999999992938%

Nutrients (% of daily need)

Calories: 72.63kcal (3.63%), Fat: 3.89g (5.98%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.29g (2.65%), Sugar: 7.3g (8.11%), Cholesterol: 35.03mg (11.68%), Sodium: 15.74mg (0.68%), Alcohol: 0.67g (100%), Alcohol %: 2.52% (100%), Protein: 1.33g (2.67%), Selenium: 2.48µg (3.54%), Vitamin B2: 0.06mg (3.41%), Vitamin A: 169.13IU (3.38%), Phosphorus: 26.13mg (2.61%), Vitamin D: 0.35µg (2.33%), Vitamin B12:

0.12µg (1.94%), Calcium: 19.13mg (1.91%), Vitamin B5: 0.15mg (1.53%)