



WHATSheATE



Christmas Croissant Pudding with Sour Cream and Brown Sugar Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



577 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.5 cup almonds coarsely chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brandy
- ☐ 1 pound croissants
- ☐ 6 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 tablespoon orange peel grated
- ☐ 1 cup prune– cut to pieces pitted chopped
- ☐ 1 cup raisins chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 vanilla pod split
- ☐ 3 cups milk whole

Equipment

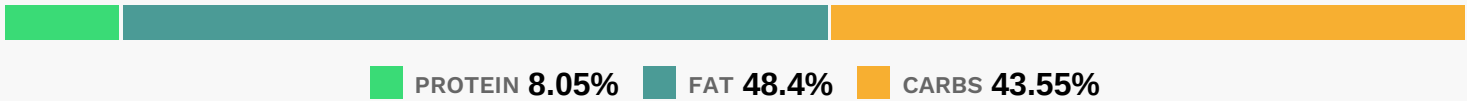
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300°F. Generously butter 8–cup pudding mold, metal bowl, or soufflé dish and sprinkle with sugar.
- ☐ Combine milk, butter, and 1/2 cup sugar in heavy medium pot. Scrape in seeds from vanilla bean; add bean. Simmer gently over medium–low heat until sugar dissolves and mixture is fragrant, stirring occasionally, about 8 minutes (do not boil).
- ☐ Remove pot from heat; cover and let steep 15 minutes.

- ☐ Remove vanilla bean.
- ☐ Whisk eggs in large bowl to blend. Gradually whisk in hot milk mixture.
- ☐ Whisk flour, cinnamon, nutmeg, baking soda, and salt in very large bowl to blend.
- ☐ Add croissant pieces, prunes, raisins, almonds, and lemon peel. Toss until croissant pieces are evenly coated and mixture is well blended.
- ☐ Pour milk mixture over.
- ☐ Let soak 10 minutes.
- ☐ Transfer croissant mixture to prepared baking dish, pressing to pack mixture into dish. Cover dish with plastic wrap and place in roasting pan.
- ☐ Pour enough hot water into roasting pan to come halfway up sides of baking dish. Cover roasting pan with heavy-duty aluminum foil. Oven-steam pudding until custard is set and pudding is puffed, about 2 hours. Carefully remove aluminum foil (steam will be released).
- ☐ Transfer covered pudding to rack and cool 1 hour. (Pudding can be made 1 day ahead. Cover and refrigerate. Resteam in 300°F oven 45 minutes to heat through before serving.)
- ☐ Whisk sour cream, brown sugar, and orange peel in medium bowl to blend. Cover and refrigerate at least 30 minutes. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Remove plastic wrap from warm pudding. Invert onto rimmed platter.
- ☐ Pour brandy over pudding. Carefully ignite brandy. When flames subside, slice pudding into wedges and serve with dollop of sour cream and brown sugar sauce.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:26.83, Inflammation Score:-7, Nutrition Score:14.23478243662%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg

0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 576.85kcal (28.84%), Fat: 30.62g (47.11%), Saturated Fat: 15.36g (95.98%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 58.08g (21.12%), Sugar: 31.66g (35.18%), Cholesterol: 168.6mg (56.2%), Sodium: 293.2mg (12.75%), Alcohol: 3.34g (100%), Alcohol %: 1.79% (100%), Protein: 11.46g (22.92%), Selenium: 20.35µg (29.07%), Vitamin B2: 0.49mg (28.82%), Phosphorus: 234.01mg (23.4%), Vitamin A: 1106.7IU (22.13%), Manganese: 0.42mg (21.12%), Calcium: 181.88mg (18.19%), Vitamin E: 2.57mg (17.15%), Vitamin B1: 0.25mg (16.96%), Fiber: 3.91g (15.62%), Folate: 56.31µg (14.08%), Potassium: 488.87mg (13.97%), Vitamin B5: 1.2mg (11.98%), Magnesium: 47.93mg (11.98%), Iron: 2.13mg (11.82%), Vitamin B12: 0.71µg (11.82%), Copper: 0.21mg (10.46%), Vitamin K: 10.89µg (10.37%), Vitamin B6: 0.19mg (9.28%), Vitamin B3: 1.75mg (8.75%), Vitamin D: 1.31µg (8.75%), Zinc: 1.3mg (8.65%), Vitamin C: 2.5mg (3.03%)