



## Cinnamon-Caramel Bread Puddings

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



321 kcal

DESSERT

### Ingredients

- 16 servings mrs richardson's butterscotch caramel sauce warmed
- 12 large eggs
- 2 tablespoons powdered sugar
- 1 pinch salt
- 1 cup sugar
- 2 tablespoons vanilla extract
- 2 cups whipping cream chilled divided
- 2.5 cups milk whole

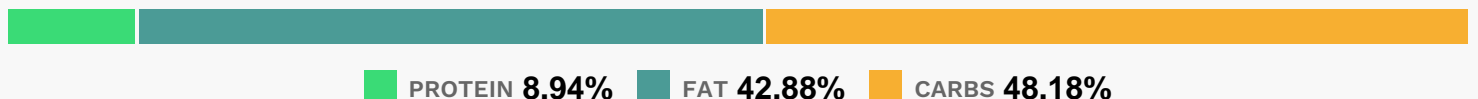
## Equipment

- bowl
- oven
- whisk
- ramekin
- hand mixer
- roasting pan

## Directions

- Cut bread into 3/4-inch cubes.
- Place in very large bowl.
- Whisk eggs, milk, 1 cup cream, and next 4 ingredients in large bowl until sugar dissolves.
- Pour egg mixture over bread; toss to coat. Cover with plastic and place plate on top to submerge bread in egg mixture. Chill at least 4 hours or overnight.
- Stir bread mixture; let stand at room temperature 30 minutes.
- Preheat oven to 375°F. Butter sixteen 3/4-cup custard cups or ramekins; divide between 2 roasting pans. Divide bread mixture among cups.
- Add enough hot water to pans to come halfway up sides of cups.
- Let puddings stand at room temperature up to 2 hours.
- Using electric mixer, beat remaining 1 cup cream and powdered sugar in medium bowl until peaks form.
- Serve puddings warm or at room temperature with whipped cream and warm caramel sauce.

## Nutrition Facts



## Properties

Glycemic Index:6.76, Glycemic Load:9.4, Inflammation Score:-4, Nutrition Score:6.3682608215705%

## Nutrients (% of daily need)

Calories: 320.74kcal (16.04%), Fat: 15.57g (23.95%), Saturated Fat: 8.73g (54.53%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 39.35g (14.31%), Sugar: 39.3g (43.67%), Cholesterol: 177.69mg (59.23%), Sodium: 214.88mg (9.34%), Alcohol: 0.56g (100%), Alcohol %: 0.44% (100%), Protein: 7.31g (14.61%), Selenium: 13.73µg (19.61%), Vitamin B2: 0.28mg (16.71%), Vitamin A: 737.59IU (14.75%), Phosphorus: 145.71mg (14.57%), Vitamin B12: 0.66µg (10.99%), Vitamin D: 1.65µg (10.97%), Calcium: 107.44mg (10.74%), Vitamin B5: 0.86mg (8.57%), Folate: 19.61µg (4.9%), Vitamin B6: 0.1mg (4.89%), Zinc: 0.71mg (4.76%), Potassium: 166.28mg (4.75%), Vitamin E: 0.71mg (4.71%), Iron: 0.69mg (3.86%), Magnesium: 13.35mg (3.34%), Vitamin B1: 0.04mg (2.83%), Manganese: 0.04mg (1.83%), Copper: 0.03mg (1.64%), Vitamin K: 1.18µg (1.12%)