



Cinnamon-Caramel Bread Puddings



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 16 servings purchased caramel sauce warmed
- ☐ 12 large eggs
- ☐ 1.5 teaspoons orange peel finely grated
- ☐ 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

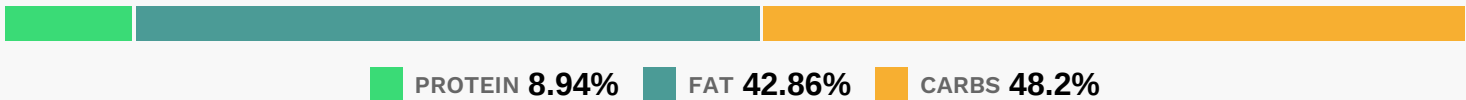
Equipment

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

Directions

- ☐ Cut bread into 3/4-inch cubes.
- ☐ Place in verylarge bowl.
- ☐ Whisk eggs, milk, 1 cup cream,and next 4 ingredients in large bowl untilsugar dissolves.
- ☐ Pour egg mixture overbread; toss to coat. Cover with plastic andplace plate on top to submerge bread in eggmixture. Chill at least 4 hours or overnight.
- ☐ Stir bread mixture; let stand at roomtemperature 30 minutes.
- ☐ Preheat oven to 375°F. Butter sixteen3/4-cup custard cups or ramekins; dividebetween 2 roasting pans. Divide breadmixture among cups.
- ☐ Add enough hot waterto pans to come halfway up sides of cups.
- ☐ Let puddings stand at roomtemperature up to 2 hours.
- ☐ Using electric mixer, beat remaining 1cup cream and powdered sugar in mediumbowl until peaks form.
- ☐ Serve puddingswarm or at room temperature with whippedcream and warm caramel sauce.

Nutrition Facts



Properties

Glycemic Index:6.76, Glycemic Load:9.4, Inflammation Score:-4, Nutrition Score:6.3939130688491%

Nutrients (% of daily need)

Calories: 320.93kcal (16.05%), Fat: 15.57g (23.95%), Saturated Fat: 8.73g (54.53%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 39.38g (14.32%), Sugar: 39.3g (43.67%), Cholesterol: 177.69mg (59.23%), Sodium: 214.89mg (9.34%), Alcohol: 0.56g (100%), Alcohol %: 0.44% (100%), Protein: 7.31g (14.62%), Selenium: 13.73µg (19.62%), Vitamin B2: 0.28mg (16.72%), Vitamin A: 738.38IU (14.77%), Phosphorus: 145.75mg (14.57%), Vitamin B12: 0.66µg (10.99%), Vitamin D: 1.65µg (10.97%), Calcium: 107.75mg (10.77%), Vitamin B5: 0.86mg (8.58%), Folate: 19.67µg (4.92%), Vitamin B6: 0.1mg (4.91%), Zinc: 0.72mg (4.77%), Potassium: 166.67mg (4.76%), Vitamin E: 0.71mg (4.71%), Iron: 0.7mg (3.87%), Magnesium: 13.39mg (3.35%), Vitamin B1: 0.04mg (2.85%), Manganese: 0.04mg (1.83%), Copper: 0.03mg (1.65%), Vitamin K: 1.18µg (1.12%)