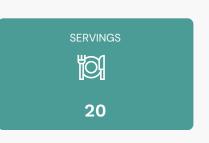


Cinnamon-Raisin Bread Pudding with Rum Sauce

Vegetarian







DESSERT

Ingredients

12 slices cinnamon swirl bread
3 tablespoons rum dark
6 large egg yolks
4 large eggs
0.5 cup heavy cream

0.5 cup raisins

0.3 cup sugar

	0.5 cup sugar	
	4 tablespoons butter unsalted	
	1 teaspoon vanilla extract	
	0.2 cup milk whole	
	2 cups milk whole	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	knife	
	whisk	
	sieve	
	plastic wrap	
	baking pan	
	aluminum foil	
Di	rections	
	Make sauce: In a large pan, bring milk to a simmer over medium-high heat. Set a fine-mesh strainer over a bowl; put bowl in a container of ice water.	
	In a large bowl, whisk yolks with sugar until thick, about 3 minutes. Gradually whisk in hot milk. Return to pan; cook over low heat, stirring, until slightly thickened and mixture coats the back of a spoon, 3 to 10 minutes. Strain into bowl; stir in rum and vanilla.	
	Let cool, stirring occasionally. Press plastic wrap directly onto the surface; cover and chill for at least 2 hours and up to 2 days.	
	Make pudding: Preheat oven to 350F; butter a 11/2-quart shallow baking dish.	
	Place dish on a foil-lined baking sheet.	
	Spread 1 side of each bread slice with butter.	
	Cut bread into 1-inch pieces, transfer to baking dish and sprinkle with raisins.	

	In a bowl, whisk eggs, milk, cream, sugar and vanilla.	
	Pour over bread.	
	Bake until tip of a knife inserted into center comes out clean, 45 to 55 minutes. Cool for at least 20 minutes.	
	Serve with sauce.	
Nutrition Facts		
	PROTEIN 10.1% FAT 42.33% CARBS 47.57%	

Properties

Glycemic Index:18.05, Glycemic Load:13.13, Inflammation Score:-2, Nutrition Score:4.9043478058732%

Nutrients (% of daily need)

Calories: 178.22kcal (8.91%), Fat: 8.3g (12.77%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 20.07g (7.3%), Sugar: 10.74g (11.93%), Cholesterol: 108.2mg (36.07%), Sodium: 83.88mg (3.65%), Alcohol: 0.82g (100%), Alcohol %: 1.29% (100%), Protein: 4.45g (8.91%), Selenium: 9.83µg (14.04%), Vitamin B2: 0.19mg (11.28%), Phosphorus: 90.34mg (9.03%), Folate: 29.11µg (7.28%), Vitamin A: 327.8IU (6.56%), Calcium: 60.71mg (6.07%), Vitamin D: 0.9µg (6.02%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.09mg (5.75%), Iron: 0.87mg (4.85%), Vitamin B5: 0.48mg (4.85%), Manganese: 0.1mg (4.79%), Potassium: 131.16mg (3.75%), Fiber: 0.92g (3.67%), Vitamin B6: 0.07mg (3.54%), Zinc: 0.49mg (3.28%), Vitamin B3: 0.62mg (3.12%), Copper: 0.06mg (2.78%), Vitamin E: 0.41mg (2.75%), Magnesium: 10.27mg (2.57%)