



Cinnamon-Raisin Bread Pudding with Rum Sauce

 Vegetarian

READY IN



75 min.

SERVINGS



20

CALORIES



178 kcal

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

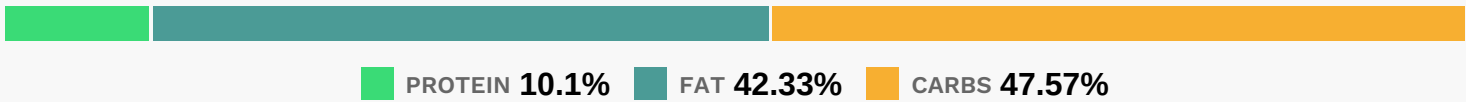
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ 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 1 1/2-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



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%)