



Cinnamon Roll Bread Pudding

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



12

CALORIES



559 kcal

DESSERT

Ingredients

- 7 cups dice cinnamon challah plain (or challah or brioche plus 2 teaspoons ground cinnamon) (10 ounces challah)
- 0.3 cup nut-flavored liqueur (recommended: Di Saronno or Frangelico)
- 4 large eggs
- 0.5 cup granulated sugar plus 1 tablespoon for garnish
- 0.8 cup heavy cream
- 0.5 teaspoon kosher salt
- 1 teaspoon vanilla extract
- 1 cup walnuts toasted coarsely chopped

2 cups milk whole

Equipment

bowl

oven

whisk

baking pan

roasting pan

Directions

Watch how to make this recipe.

Heat the oven to 350 degrees F and arrange a rack in middle.

Whisk together milk, cream, eggs, 1/2 cup sugar, liqueur, vanilla, and salt in a medium bowl until egg is broken up and mixture is smooth. Evenly distribute bread and walnuts in a 2 quart baking dish, pour custard mixture over bread, and allow to soak for at least 15 minutes.

Meanwhile, bring about 8 cups water to a simmer over medium-high heat.

Evenly distribute remaining 1 tablespoon sugar over bread pudding. Set the filled baking dish into a larger roasting pan and add enough of the hot water to reach halfway up the sides of the baking dish.

Bake until custard is set and top is lightly browned, about 50 to 60 minutes.

Remove from water bath and let sit 5 to 10 minutes before serving.

Serve warm, at room temperature.

Nutrition Facts



PROTEIN 6.23% **FAT 21.16%** **CARBS 72.61%**

Properties

Glycemic Index:11.09, Glycemic Load:8.57, Inflammation Score:-8, Nutrition Score:29.099565153537%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 558.99kcal (27.95%), Fat: 16.37g (25.19%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 126.41g (42.14%), Net Carbohydrates: 52.47g (19.08%), Sugar: 17.13g (19.03%), Cholesterol: 83.69mg (27.9%), Sodium: 154.66mg (6.72%), Alcohol: 1.54g (100%), Alcohol %: 0.83% (100%), Protein: 10.85g (21.7%), Manganese: 24.45mg (1222.27%), Fiber: 73.94g (295.75%), Calcium: 1461.76mg (146.18%), Iron: 12.08mg (67.1%), Vitamin K: 43.97µg (41.88%), Copper: 0.64mg (31.89%), Magnesium: 106.17mg (26.54%), Vitamin E: 3.6mg (24.02%), Zinc: 3.25mg (21.64%), Potassium: 736.63mg (21.05%), Phosphorus: 204.78mg (20.48%), Vitamin B6: 0.33mg (16.44%), Selenium: 11.14µg (15.92%), Vitamin A: 783.62IU (15.67%), Vitamin B2: 0.23mg (13.73%), Vitamin B3: 2.01mg (10.07%), Vitamin B5: 0.99mg (9.95%), Vitamin D: 1.02µg (6.79%), Vitamin C: 5.46mg (6.62%), Folate: 26.26µg (6.57%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.1mg (6.4%)