



## Coconut-Cream Bread Pudding

 Vegetarian

READY IN



26 min.

SERVINGS



10

CALORIES



643 kcal

DESSERT

### Ingredients

- ☐ 8 oz bread loaf french cut into 1-inch cubes
- ☐ 8 tablespoons butter divided melted
- ☐ 8 oz philadelphia cream cheese softened
- ☐ 15 oz cream of coconut divided canned
- ☐ 4 large eggs
- ☐ 1.5 cups domino granulated sugar divided
- ☐ 2.5 cups milk divided at room temperature
- ☐ 0.5 cup pecans chopped

☐ 0.5 cup coconut or sweetened flaked

## Equipment

☐ sauce pan

☐ oven

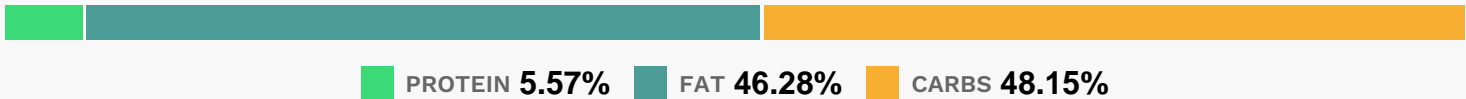
☐ baking pan

☐ hand mixer

## Directions

- ☐ Preheat oven to 35
- ☐ Beat cream cheese at low speed with an electric mixer until creamy and smooth.
- ☐ Add 1 cup sugar and eggs, and beat at medium speed 2 minutes or until sugar is dissolved. Stir in 2 cups milk, 1 cup cream of coconut, and 3 Tbsp. melted butter. Stir in bread cubes.
- ☐ Let stand 5 minutes.
- ☐ Coat a 13- x 9-inch baking dish with cooking spray.
- ☐ Pour bread mixture into dish.
- ☐ Bake at 350 for 35 minutes or until set.
- ☐ Stir together flaked coconut, pecans, and 3 Tbsp. melted butter.
- ☐ Sprinkle coconut mixture over baked pudding, and bake 5 to 8 more minutes or until browned.
- ☐ Stir together remaining 1/2 cup milk and 1/2 cup cream of coconut.
- ☐ Cook remaining 1/2 cup sugar in a medium-size heavy saucepan over low heat, stirring constantly, 3 minutes or until sugar is caramelized and mixture becomes a light brown syrup. Stir in milk mixture, and cook, stirring occasionally, 3 minutes or until sauce is thickened slightly and sugar is dissolved. Stir in remaining 2 Tbsp. melted butter.
- ☐ Cut bread pudding into 8 to 10 servings, and serve with caramelized sugar sauce.

## Nutrition Facts



## Properties

Glycemic Index:27.56, Glycemic Load:31.46, Inflammation Score:-5, Nutrition Score:9.9678260376272%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 643.24kcal (32.16%), Fat: 33.59g (51.67%), Saturated Fat: 20.06g (125.35%), Carbohydrates: 78.63g (26.21%), Net Carbohydrates: 75.77g (27.55%), Sugar: 64.99g (72.21%), Cholesterol: 128.71mg (42.9%), Sodium: 365.02mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.19%), Selenium: 16.92µg (24.17%), Manganese: 0.42mg (20.83%), Vitamin B2: 0.34mg (20.11%), Phosphorus: 171.33mg (17.13%), Vitamin B1: 0.25mg (16.37%), Vitamin A: 794.35IU (15.89%), Calcium: 127.29mg (12.73%), Fiber: 2.86g (11.44%), Folate: 41µg (10.25%), Vitamin B12: 0.58µg (9.61%), Iron: 1.48mg (8.23%), Vitamin B5: 0.8mg (8.04%), Zinc: 1.15mg (7.65%), Vitamin D: 1.07µg (7.14%), Magnesium: 28mg (7%), Copper: 0.13mg (6.68%), Vitamin B3: 1.29mg (6.45%), Potassium: 216.55mg (6.19%), Vitamin B6: 0.12mg (6.06%), Vitamin E: 0.82mg (5.46%), Vitamin K: 1.85µg (1.76%)