



Coffee Liqueur Bread Pudding with Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



605 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 8 ounces day old bread french cubed
- ☐ 0.5 cup butter
- ☐ 1 cup rum / brandy / coffee liqueur flavored
- ☐ 2 tablespoons plus light
- ☐ 3 eggs
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 cup brown sugar light packed
- ☐ 3 cups milk
- ☐ 0.5 cup pecans chopped
- ☐ 1 pinch salt
- ☐ 4 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

Equipment

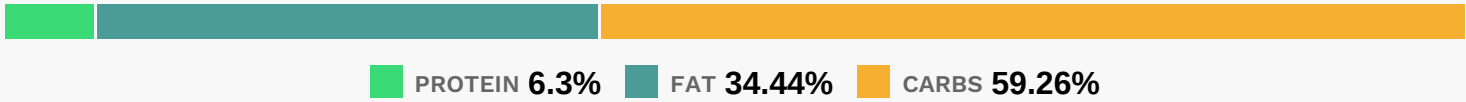
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart shallow baking dish. Set aside. Toss bread cubes with melted butter, and place half of them in prepared baking dish.
- ☐ Sprinkle with cherries or pecans. Top with remaining buttered bread cubes.
- ☐ In a large bowl, whisk eggs, 1/2 cup sugar, vanilla, almond extract and salt.
- ☐ Heat milk and coffee liqueur in a small saucepan, then whisk into egg mixture.
- ☐ Pour mixture over bread. Press gently, to moisten the bread cubes.
- ☐ Let stand 30 minutes. Press bread cubes down again.
- ☐ Combine remaining 1/4 cup sugar and cinnamon in a bowl.
- ☐ Sprinkle mixture over pudding.
- ☐ To make the Caramel Sauce: In a 2 quart saucepan, bring brown sugar, butter, and corn syrup to a boil. Stir until smooth. Boil for 1 minute.
- ☐ Pour over moistened bread cubes.
- ☐ Place baking dish in a larger baking pan.
- ☐ Pour some boiling water in the large pan halfway up the side of the smaller baking dish.

- ☐ Bake for 45 to 50 minutes, or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.07, Glycemic Load:26.9, Inflammation Score:-5, Nutrition Score:10.660434820406%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 604.94kcal (30.25%), Fat: 21.76g (33.47%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 84.23g (28.08%), Net Carbohydrates: 82.82g (30.12%), Sugar: 69.76g (77.51%), Cholesterol: 102.86mg (34.29%), Sodium: 338.82mg (14.73%), Alcohol: 7.18g (100%), Alcohol %: 3.77% (100%), Protein: 8.96g (17.92%), Manganese: 0.53mg (26.53%), Selenium: 15.8µg (22.57%), Vitamin B1: 0.31mg (20.56%), Vitamin B2: 0.34mg (20.13%), Phosphorus: 178.52mg (17.85%), Calcium: 171.18mg (17.12%), Vitamin A: 596.43IU (11.93%), Folate: 44.84µg (11.21%), Vitamin B12: 0.67µg (11.08%), Iron: 1.8mg (10%), Vitamin D: 1.34µg (8.91%), Magnesium: 33.51mg (8.38%), Zinc: 1.25mg (8.3%), Vitamin B3: 1.6mg (8.02%), Vitamin B5: 0.8mg (8.01%), Copper: 0.15mg (7.72%), Potassium: 265.94mg (7.6%), Vitamin B6: 0.14mg (7.06%), Fiber: 1.41g (5.64%), Vitamin E: 0.71mg (4.73%), Vitamin K: 1.83µg (1.74%)