



WHATSheATE



Cook the Book: Rhubarb Bread Pudding with Whiskey Sauce



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



831 kcal

DESSERT

Ingredients

- ☐ 6 servings bread
- ☐ 5 cups raisin bread (with or without raisins), cut into 1/2-inch cubes
- ☐ 4 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons half and half
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 pound rhubarb fresh cut into 1/2-inch slices, (6 hefty stalks)
- ☐ 1 pinch salt
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 tablespoons irish whiskey
- ☐ 6 servings irish whiskey
- ☐ 1 cup milk whole

Equipment

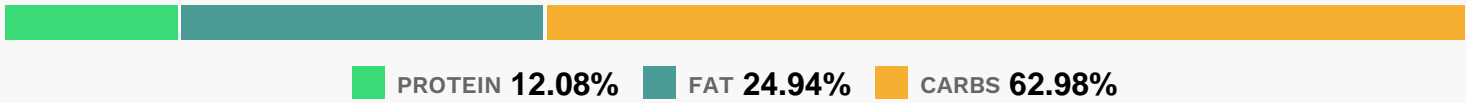
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ In a large bowl, whisk together the eggs, milk, half-and-half, 1/4 cup of the sugar, the vanilla, and salt. Stir the bread into the egg mixture, cover the bowl, and refrigerate for at least 30 minutes or up to 2 hours, pushing the bread down into the liquid from time to time.
- ☐ Preheat the oven to 375°F. Butter an 8-inch-square baking pan. In a medium bowl, combine the rhubarb, the remaining 1/4 cup of sugar, and the cinnamon. Gently stir the rhubarb mixture into the bread mixture.
- ☐ Pour the mixture evenly into the prepared baking pan.
- ☐ Bake until golden brown and slightly puffed, 55 minutes to 1 hour 5 minutes.
- ☐ Remove from the oven and cool on a rack for about 30 minutes.
- ☐ In a small saucepan, melt the butter over medium heat.
- ☐ Whisk in the sugar, half-and-half, whiskey, and salt. Bring to a simmer and cook, stirring frequently, until the sauce is slightly thickened, 4 to 5 minutes.
- ☐ Remove from the heat.

To serve, spoon the warm bread pudding into serving bowls and drizzle with warm whiskey sauce.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:81.15, Inflammation Score:-8, Nutrition Score:31.821739300438%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 831.03kcal (41.55%), Fat: 23.03g (35.43%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 130.84g (43.61%), Net Carbohydrates: 119.79g (43.56%), Sugar: 24.44g (27.16%), Cholesterol: 151.57mg (50.52%), Sodium: 991.5mg (43.11%), Alcohol: 2.39g (100%), Alcohol %: 0.74% (100%), Protein: 25.11g (50.21%), Selenium: 59.72µg (85.32%), Manganese: 1.51mg (75.64%), Vitamin B2: 1.11mg (65.08%), Folate: 254.26µg (63.56%), Vitamin B1: 0.84mg (55.86%), Fiber: 11.05g (44.19%), Vitamin B3: 8.71mg (43.57%), Iron: 7.5mg (41.68%), Phosphorus: 378.37mg (37.84%), Calcium: 310.98mg (31.1%), Vitamin K: 27.9µg (26.57%), Copper: 0.48mg (23.84%), Potassium: 825.84mg (23.6%), Magnesium: 81.81mg (20.45%), Vitamin B5: 1.75mg (17.52%), Zinc: 2.43mg (16.18%), Vitamin B6: 0.27mg (13.56%), Vitamin A: 583.83IU (11.68%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.55µg (9.11%), Vitamin D: 1.25µg (8.36%), Vitamin C: 6.37mg (7.73%)