



Cranberry Bread Pudding

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



374 kcal

DESSERT

Ingredients

- 16 slices bread cubed
- 1.5 cups cranberries fresh thawed
- 1 tablespoon orange zest grated
- 0.3 cup butter melted
- 6 large eggs
- 4 cups milk whole
- 0.8 cup sugar divided
- 1 teaspoon vanilla extract

- 3 large egg yolk
- 0.3 cup sugar
- 1 cup cup heavy whipping cream
- 1 orange zest
- 0.5 teaspoon orange extract

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 375°. In a greased 13x9-in. baking dish, layer half of the bread cubes, cranberries and orange zest. Repeat layers.
- Drizzle with butter.
- In a large bowl, beat the eggs, milk, 3/4 cup sugar and vanilla until blended; pour over bread mixture.
- Let stand for 15–30 minutes.
- Sprinkle with remaining sugar.
- Bake, uncovered, for 65–75 minutes or until a knife inserted in the center comes out clean.
- For sauce, in a small heavy saucepan, whisk egg yolks and sugar. Stir in cream and orange zest strip. Cook over low heat about 15–20 minutes or until mixture is just thick enough to coat a metal spoon and a thermometer reads at least 160°, stirring constantly but gently. Do not allow to boil. Immediately transfer to a bowl.
- Place bowl in an ice–water bath for a few minutes, stirring occasionally. Stir in extract. Discard orange zest. Refrigerate until chilled.

Serve with bread pudding.

Nutrition Facts

PROTEIN 11.81% **FAT 44.89%** **CARBS 43.3%**

Properties

Glycemic Index:27.65, Glycemic Load:23.08, Inflammation Score:-5, Nutrition Score:12.279999846997%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 374.2kcal (18.71%), Fat: 18.87g (29.02%), Saturated Fat: 9.96g (62.22%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 38.85g (14.13%), Sugar: 23.96g (26.62%), Cholesterol: 181.24mg (60.41%), Sodium: 281.29mg (12.23%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 11.17g (22.34%), Selenium: 23.12µg (33.03%), Manganese: 0.5mg (25.21%), Vitamin B2: 0.39mg (22.9%), Phosphorus: 210.73mg (21.07%), Calcium: 184.03mg (18.4%), Vitamin A: 752.32IU (15.05%), Vitamin B1: 0.22mg (14.93%), Vitamin B12: 0.78µg (13.07%), Vitamin D: 1.94µg (12.94%), Folate: 51.2µg (12.8%), Vitamin B5: 1.22mg (12.2%), Vitamin B3: 2.23mg (11.17%), Iron: 1.97mg (10.93%), Fiber: 2.1g (8.41%), Vitamin B6: 0.17mg (8.27%), Zinc: 1.21mg (8.07%), Magnesium: 30.88mg (7.72%), Potassium: 247.76mg (7.08%), Vitamin E: 0.94mg (6.3%), Vitamin C: 3.98mg (4.83%), Copper: 0.09mg (4.47%), Vitamin K: 3.77µg (3.59%)