



Cranberry Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



1000 kcal

DESSERT

Ingredients

- 6 cups egg bread loaf – crusts cut into 1 1/2-inch cubes
- 2 cups cranberries fresh
- 5 large eggs
- 2 cups cup heavy whipping cream
- 2 cups milk
- 1 pinch salt
- 2 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- baking pan
- hand mixer
- roasting pan

Directions

- Place rack in center of oven. Mist a 9-by-13-inch baking dish with cooking spray. Arrange bread in pan. In a saucepan, mix 1 cup sugar with 2 cups water. Bring to a boil over medium-high heat.
- Add cranberries and cook, stirring, until berries have popped, 5 minutes. Strain cranberries, reserving syrup, and place berries in a bowl. Stir 1/4 cup sugar into hot berries.
- In a separate pan, mix cream, milk and salt. Cook over medium heat until hot, 5 minutes.
- Let cool slightly. With electric mixer, beat eggs, 3/4 cup sugar and vanilla until mixture is pale yellow, 3 minutes. Gradually whisk in warm cream mixture.
- Pour mixture through a strainer set over bread, distributing evenly. Spoon cranberries on top.
- Let stand at room temperature for 30 minutes. Preheat oven to 350F.
- Place baking dish in a roasting pan; pour boiling water into roasting pan until it reaches halfway up baking dish.
- Bake until just set and custard no longer wiggles in center, 40 minutes.
- Let cool for 15 minutes before serving. Rewarm syrup and serve with bread pudding.

Nutrition Facts



■ PROTEIN 9.8% ■ FAT 33.4% ■ CARBS 56.8%

Properties

Glycemic Index:19.14, Glycemic Load:36.93, Inflammation Score:-8, Nutrition Score:28.180869247602%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 999.72kcal (49.99%), Fat: 37.24g (57.3%), Saturated Fat: 18.62g (116.38%), Carbohydrates: 142.51g (47.5%), Net Carbohydrates: 137.53g (50.01%), Sugar: 59.04g (65.6%), Cholesterol: 281.3mg (93.77%), Sodium: 763.83mg (33.21%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 24.6g (49.2%), Selenium: 66.27µg (94.68%), Vitamin B2: 1.13mg (66.35%), Vitamin B1: 0.84mg (55.92%), Folate: 203.63µg (50.91%), Manganese: 0.99mg (49.67%), Vitamin B3: 8.76mg (43.8%), Phosphorus: 348.89mg (34.89%), Iron: 6.08mg (33.8%), Vitamin A: 1531.62IU (30.63%), Calcium: 299.43mg (29.94%), Fiber: 4.98g (19.92%), Vitamin D: 2.96µg (19.72%), Copper: 0.34mg (16.77%), Zinc: 2.23mg (14.84%), Vitamin B12: 0.88µg (14.67%), Vitamin B5: 1.43mg (14.33%), Magnesium: 50.57mg (12.64%), Vitamin B6: 0.24mg (11.96%), Potassium: 417.69mg (11.93%), Vitamin E: 1.7mg (11.32%), Vitamin K: 5.03µg (4.79%), Vitamin C: 3.86mg (4.68%)