



## Creole Bread Pudding with Bourbon Sauce

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



453 kcal

DESSERT

### Ingredients

- 12 servings bourbon sauce
- 16 oz day-old bread loaf french cubed
- 0.3 cup butter softened cut into 1/2-inch cubes and
- 8 oz pineapple crushed drained canned
- 6 large eggs lightly beaten
- 24 oz evaporated milk canned
- 1 cup raisins
- 1 large delicious apple red grated unpeeled

- 1.5 cups sugar
- 5 tablespoons vanilla extract

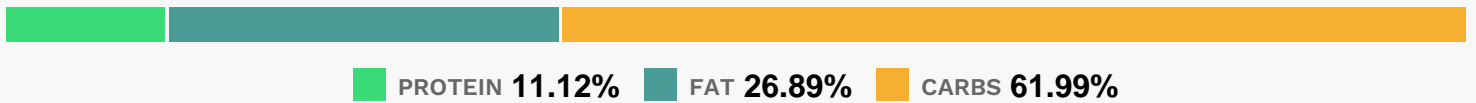
## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 35
- Whisk together evaporated milk, eggs, and 1 cup water in a large bowl until well blended.
- Add bread cubes, stirring to coat thoroughly. Stir in pineapple and next 4 ingredients. Stir in butter, blending well.
- Pour into a greased 13- x 9-inch baking dish.
- Bake at 350 for 35 to 45 minutes or until set and crust is golden.
- Remove from oven, and let stand 2 minutes.
- Serve with Bourbon Sauce.

## Nutrition Facts



## Properties

Glycemic Index:23.71, Glycemic Load:32.87, Inflammation Score:-4, Nutrition Score:11.991304511609%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg

Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 453.04kcal (22.65%), Fat: 12.41g (19.1%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 61.38g (22.32%), Sugar: 38.22g (42.46%), Cholesterol: 119.61mg (39.87%), Sodium: 309.45mg (13.45%), Alcohol: 6.87g (100%), Alcohol %: 3.97% (100%), Protein: 11.55g (23.1%), Selenium: 20.21µg (28.87%), Manganese: 0.52mg (25.79%), Vitamin B2: 0.43mg (25.39%), Phosphorus: 227.85mg (22.78%), Calcium: 218.74mg (21.87%), Vitamin B1: 0.23mg (15.31%), Iron: 2.32mg (12.89%), Folate: 50.42µg (12.61%), Vitamin B3: 2.47mg (12.37%), Fiber: 3.03g (12.1%), Potassium: 412.55mg (11.79%), Vitamin B5: 1.08mg (10.79%), Magnesium: 40.24mg (10.06%), Vitamin A: 408.93IU (8.18%), Zinc: 1.22mg (8.13%), Vitamin B6: 0.16mg (7.95%), Copper: 0.15mg (7.68%), Vitamin C: 4.44mg (5.38%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.57mg (3.81%), Vitamin D: 0.56µg (3.71%), Vitamin K: 3.14µg (2.99%)