



Croissant Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



905 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 8 servings bourbon sauce
- ☐ 9 large croissants
- ☐ 8 large eggs
- ☐ 0.3 cup golden raisins
- ☐ 3 cups heavy cream
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons vanilla extract

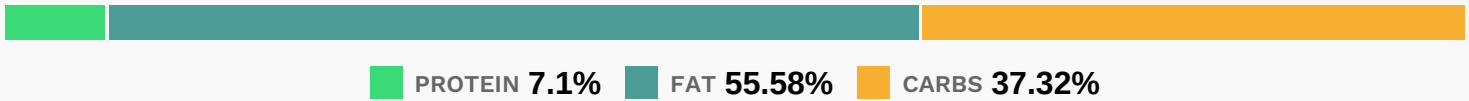
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Slice croissants in half lengthwise; tear bottom halves of croissants into small pieces.
- ☐ Heat bourbon in a small saucepan over low heat; stir in raisins.
- ☐ Remove from heat, and let stand for 10 minutes.
- ☐ Layer croissant pieces evenly in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with raisins.
- ☐ Place croissant tops, crust sides up, over mixture.
- ☐ Whisk together eggs and sugar.
- ☐ Whisk in cream, vanilla, and salt. Slowly pour mixture over croissant tops; press bread to absorb liquid. Cover; chill 1 hour.
- ☐ Place dish into a larger pan.
- ☐ Pour hot water into larger pan, filling half full.
- ☐ Bake at 350 for 45 minutes or until set. Cover with aluminum foil, and bake 15 more minutes.
- ☐ Remove from oven, and remove dish from water pan.
- ☐ Serve warm with Bourbon Sauce.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:50.58, Inflammation Score:-8, Nutrition Score:15.710869804673%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 904.93kcal (45.25%), Fat: 52.95g (81.47%), Saturated Fat: 30.92g (193.26%), Carbohydrates: 79.98g (26.66%), Net Carbohydrates: 77.78g (28.28%), Sugar: 52.72g (58.58%), Cholesterol: 337.35mg (112.45%), Sodium: 422.49mg (18.37%), Alcohol: 8.63g (100%), Alcohol %: 3.85% (100%), Protein: 15.22g (30.44%), Selenium: 35.4µg (50.58%), Vitamin A: 2142.76IU (42.86%), Vitamin B2: 0.6mg (35.33%), Phosphorus: 237.95mg (23.8%), Folate: 93.58µg (23.4%), Vitamin B1: 0.33mg (22.17%), Vitamin B5: 1.65mg (16.53%), Vitamin D: 2.43µg (16.19%), Manganese: 0.3mg (14.77%), Iron: 2.63mg (14.64%), Vitamin E: 1.99mg (13.24%), Calcium: 118.75mg (11.88%), Vitamin B12: 0.71µg (11.81%), Zinc: 1.46mg (9.74%), Vitamin B3: 1.83mg (9.16%), Vitamin B6: 0.18mg (9.03%), Fiber: 2.2g (8.81%), Potassium: 293.82mg (8.39%), Copper: 0.14mg (6.89%), Magnesium: 26.81mg (6.7%), Vitamin K: 4.57µg (4.36%), Vitamin C: 0.88mg (1.07%)