



Eggnog-Panettone Bread Pudding

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



12

CALORIES



296 kcal

DESSERT

Ingredients

- 3 egg yolks
- 2 cups half-and-half
- 0.1 teaspoon nutmeg freshly grated
- 0.3 cup rum
- 0.8 cups sugar
- 1 teaspoon vanilla extract
- 12 servings whipped cream
- 12 servings whipped cream

- 3 eggs whole
- 1 loaf panettone diced italian for 5 cups,) cut in half (enough
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Equipment

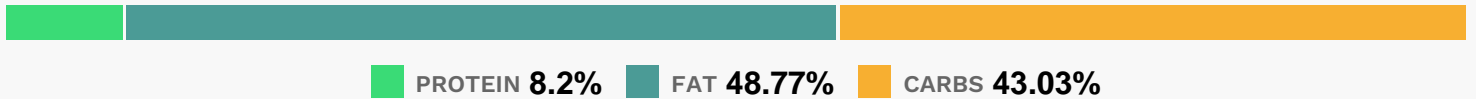
- bowl
- baking sheet
- ladle
- oven
- whisk
- mixing bowl
- toothpicks
- roasting pan
- stove
- muffin tray
- serrated knife

Directions

- Watch how to make this recipe.
- Preheat oven to 475 degrees F.
- Place a tea-kettle of water on to boil for a water bath. With a serrated knife, remove the side crusts from the half piece of the panettone.
- Cut into 3/4 to 1-inch dice. You should have 5 cups. Reserve the cubed panettone in a large mixing bowl.
- For the eggnog custard, in another bowl thoroughly whisk together the eggs, yolks, sugar, half and half, rum, vanilla extract, and a healthy grating of fresh nutmeg.
- Pour this over the bread cubes.
- Spray a 12 hole muffin tin with vegetable cooking spray. Ladle the bread/eggnog mixture gently and evenly into the muffin tins. The big cubes sticking up look nice.
- Place the filled muffin tin in a tall sided cookie sheet or roasting pan.

- Transfer to the preheated oven and carefully pour the hot water from kettle onto sheet pan, creating a water bath for the muffin tin to sit in.
- Bake 15 to 20 minutes until the tops are nicely browned, and a toothpick comes clean from the center.
- Bread pudding may be served warm or cold. Vanilla Ice cream or whipped cream would be great accompaniments.
- Alternately place the muffin tin in a roasting pan on the stove.
- Pour in up to 1-inch of boiling water. Cover and cook over medium-high heat for 15 to 20 minutes. The puddings will puff and a toothpick will come out clean from the center. The tops won't brown with this method. Perhaps a sprinkle of cinnamon sugar at serving time would be nice.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:18.36, Inflammation Score:-3, Nutrition Score:5.8508696011875%

Nutrients (% of daily need)

Calories: 295.84kcal (14.79%), Fat: 15.52g (23.87%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 30.34g (11.03%), Sugar: 28.73g (31.92%), Cholesterol: 137.24mg (45.75%), Sodium: 95.87mg (4.17%), Alcohol: 1.78g (100%), Alcohol %: 1.55% (100%), Protein: 5.87g (11.73%), Vitamin B2: 0.32mg (18.68%), Phosphorus: 152.55mg (15.26%), Calcium: 145.86mg (14.59%), Selenium: 8.53µg (12.19%), Vitamin A: 586.05IU (11.72%), Vitamin B12: 0.54µg (8.95%), Vitamin B5: 0.82mg (8.22%), Potassium: 214.4mg (6.13%), Zinc: 0.88mg (5.9%), Vitamin B6: 0.09mg (4.45%), Vitamin D: 0.62µg (4.13%), Folate: 16.45µg (4.11%), Magnesium: 15.56mg (3.89%), Vitamin E: 0.57mg (3.79%), Vitamin B1: 0.05mg (3.61%), Iron: 0.41mg (2.26%), Fiber: 0.47g (1.87%), Copper: 0.03mg (1.66%)