



Indian Bread Pudding with Cardamom Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 large egg yolks lightly beaten
- ☐ 1 cup evaporated milk fat-free
- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 tablespoon pistachios finely chopped
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 1 ounce bread white

☐ 1 cup milk whole

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

☐ wire rack

☐ baking pan

☐ aluminum foil

Directions

☐ Preheat oven to 40

☐ To prepare pudding, trim crusts from bread. Arrange bread slices in a single layer on a baking sheet; brush with melted butter.

☐ Bake at 400 for 8 minutes or until toasted.

☐ Remove bread from oven; cool 5 minutes on a wire rack.

☐ Cut each slice into 4 squares. Arrange squares in overlapping rows in an 11 x 7-inch baking dish coated with cooking spray.

☐ Combine evaporated milk, 3 tablespoons sugar, and rose-flower water, if desired, stirring well with a whisk.

☐ Pour mixture evenly over bread. Cover with foil; chill 30 minutes or up to 4 hours.

☐ Preheat oven to 35

☐ Bake pudding, covered, at 350 for 15 minutes.

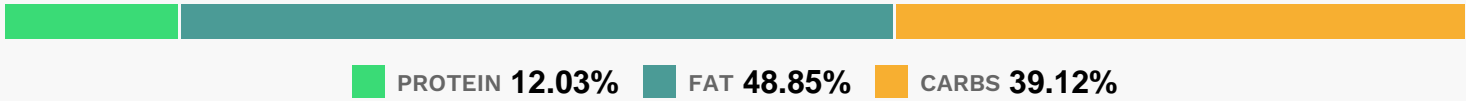
☐ To prepare sauce, combine 2 tablespoons sugar and egg yolks in a medium bowl, stirring well with a whisk.

☐ Heat whole milk in a small, heavy saucepan over medium heat to 180 or until tiny bubbles form around the edge (do not boil). Gradually add hot whole milk to egg yolk mixture, stirring

constantly with a whisk.

- ☐
- Place milk mixture in pan; cook over low heat 6 minutes or until mixture coats the back of a spoon, stirring constantly with a whisk.
- ☐
- Remove from heat; stir in cardamom.
- ☐
- Place pan in a large ice-filled bowl for 5 minutes or until sauce cools to room temperature, stirring occasionally.
- ☐
- Arrange 6 warm bread pudding squares on each of 6 dessert plates. Top each serving with about 2 1/2 tablespoons sauce and 1/2 teaspoon pistachios.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:9.4, Inflammation Score:-3, Nutrition Score:5.5295652021532%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 191.22kcal (9.56%), Fat: 10.53g (16.21%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 18.73g (6.81%), Sugar: 16.54g (18.37%), Cholesterol: 88.29mg (29.43%), Sodium: 115.36mg (5.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Calcium: 179.61mg (17.96%), Phosphorus: 161.09mg (16.11%), Vitamin B2: 0.24mg (13.86%), Selenium: 6.2µg (8.86%), Vitamin A: 369.83IU (7.4%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.63mg (6.26%), Potassium: 214.56mg (6.13%), Vitamin B1: 0.09mg (5.84%), Vitamin D: 0.8µg (5.3%), Zinc: 0.7mg (4.65%), Vitamin B6: 0.09mg (4.57%), Magnesium: 18.22mg (4.56%), Folate: 17.66µg (4.41%), Manganese: 0.06mg (3.12%), Vitamin E: 0.38mg (2.54%), Iron: 0.45mg (2.52%), Vitamin B3: 0.37mg (1.85%), Copper: 0.03mg (1.72%), Vitamin C: 0.88mg (1.06%)