



## Irish Bread Pudding with Caramel-Whiskey Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

DESSERT

### Ingredients

- ☐ 10 ounce bread baguette french 1-inch-thick cut into slices
- ☐ 12 servings caramel-whiskey sauce
- ☐ 2 large eggs lightly beaten
- ☐ 12 ounce evaporated skim milk canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter light melted
- ☐ 1.8 cups milk 1% low-fat

- ☐ 0.5 cup raisins
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup irish whiskey

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350
- ☐ Brush melted butter on one side of French bread slices, and place bread, buttered sides up, on a baking sheet.
- ☐ Bake bread at 350 for 10 minutes or until lightly toasted.
- ☐ Cut bread into 1/2-inch cubes, and set aside.
- ☐ Combine raisins and whiskey in a small bowl; cover and let stand 10 minutes or until soft (do not drain).
- ☐ Combine 1% milk and next 4 ingredients (1% milk through eggs) in a large bowl; stir well with a whisk.
- ☐ Add bread cubes and raisin mixture, pressing gently to moisten; let stand 15 minutes. Spoon bread mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine 1 tablespoon sugar and cinnamon; sprinkle over pudding.
- ☐ Bake at 350 for 35 minutes or until set.
- ☐ Serve warm with Caramel-Whiskey Sauce.
- ☐ Note: Substitute 1/4 cup apple juice for the Irish whiskey, if desired.

# Nutrition Facts



## Properties

Glycemic Index:24.96, Glycemic Load:24.33, Inflammation Score:-4, Nutrition Score:7.6339130453441%

## Nutrients (% of daily need)

Calories: 326.16kcal (16.31%), Fat: 4.59g (7.07%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 61.73g (22.45%), Sugar: 46.64g (51.82%), Cholesterol: 39.15mg (13.05%), Sodium: 340.26mg (14.79%), Alcohol: 2.14g (100%), Alcohol %: 1.6% (100%), Protein: 7.71g (15.43%), Vitamin B2: 0.29mg (17.28%), Calcium: 168.19mg (16.82%), Selenium: 11.46µg (16.38%), Phosphorus: 154.19mg (15.42%), Vitamin B1: 0.21mg (14.08%), Manganese: 0.2mg (9.88%), Folate: 37.26µg (9.31%), Vitamin D: 1.16µg (7.75%), Potassium: 270.5mg (7.73%), Iron: 1.39mg (7.71%), Vitamin B12: 0.43µg (7.18%), Vitamin A: 345.55IU (6.91%), Vitamin B3: 1.31mg (6.55%), Magnesium: 24.64mg (6.16%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.09mg (4.4%), Fiber: 1.02g (4.08%), Copper: 0.07mg (3.42%), Vitamin E: 0.25mg (1.65%), Vitamin C: 0.87mg (1.06%)