



Island Bread Pudding

 Vegetarian

READY IN

ready

220 min.

SERVINGS

servings

6

CALORIES

calories

762 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar (recommended: C and H)
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 12 ounce coconut milk canned (recommended: Thai Kitchen)
- ☐ 1 cup pineapple-coconut nectar (recommended: Kern's)
- ☐ 0.3 cup rum dark (recommended: Myers's)
- ☐ 3 large eggs
- ☐ 7 ounce tropical fruit trio dried (recommended: Sun Maid)
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1 pound hawaiian bread cut into 1-inch cubes (recommended: king's)
- ☐ 1 cup pineapple chunks (recommended: Dole)
- ☐ 0.5 teaspoon salt

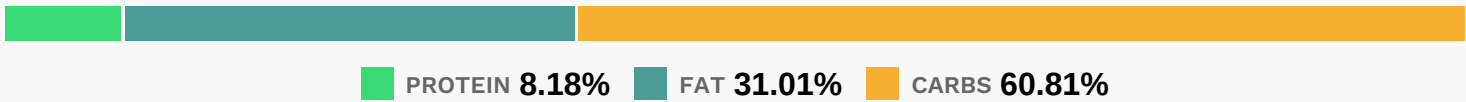
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Spray the inside of a 4 or 5-quart slow cooker with butter-flavored cooking spray.
- ☐ In a large bowl, combine bread cubes, pineapple, and dried tropical mix.
- ☐ In a medium bowl, whisk together coconut milk, rum, nectar, sugar, eggs, cinnamon, and salt.
- ☐ Pour over bread mixture. Stir until well combined and bread is saturated.
- ☐ Transfer to slow cooker. Dot with butter. Cover and cook on low setting for 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:12.53, Inflammation Score:-2, Nutrition Score:9.5521739462148%

Nutrients (% of daily need)

Calories: 761.59kcal (38.08%), Fat: 26.46g (40.71%), Saturated Fat: 19.23g (120.21%), Carbohydrates: 116.78g (38.93%), Net Carbohydrates: 111.72g (40.63%), Sugar: 80.47g (89.41%), Cholesterol: 143.86mg (47.95%), Sodium: 548.7mg (23.86%), Alcohol: 3.34g (100%), Alcohol %: 1.37% (100%), Protein: 15.7g (31.4%), Iron: 7.15mg (39.7%), Manganese: 0.58mg (28.78%), Fiber: 5.05g (20.22%), Selenium: 11.84µg (16.91%), Copper: 0.26mg (12.78%), Phosphorus: 115.97mg (11.6%), Potassium: 312.44mg (8.93%), Magnesium: 35mg (8.75%), Vitamin B2: 0.13mg (7.79%), Vitamin A: 371.47IU (7.43%), Vitamin C: 6.02mg (7.3%), Calcium: 63.54mg (6.35%), Folate: 23.97µg (5.99%), Vitamin B6: 0.11mg (5.57%), Vitamin B5: 0.55mg (5.54%), Zinc: 0.79mg (5.29%), Vitamin B1: 0.07mg (4.65%), Vitamin B12: 0.23µg (3.84%), Vitamin B3: 0.74mg (3.68%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.47mg (3.1%), Vitamin K: 2.28µg (2.17%)