



Jack and Cola Bread Pudding with Whiskey Ice Cream

 Vegetarian

READY IN



165 min.

SERVINGS



12

CALORIES



1075 kcal

DESSERT

Ingredients

- ☐ 6 cups bread chopped
- ☐ 2 liters coca-cola
- ☐ 9 egg yolks
- ☐ 3 cups heavy cream
- ☐ 4 cups heavy cream
- ☐ 2 cups milk
- ☐ 0.8 cup sugar

- ☐ 1 cup sugar
- ☐ 0.8 cup irish whiskey

Equipment

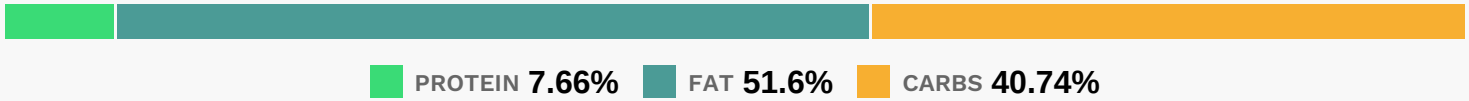
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ stove
- ☐ ice cream machine

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cola reduction: First, pour the cola into a medium saucepot and bring to boil over high heat. Once boiling, reduce the heat to a simmer and reduce the cola down until one-quarter of the liquid remains, about 30 minutes. Chill to room temperature.
- ☐ For the ice cream: While the cola is reducing on the stove, take the milk and sugar and bring to a simmer in medium saucepan to dissolve the sugar. Once the milk is warm, combine with the heavy cream and whiskey; this is your ice cream base.
- ☐ Pour the base into an ice cream machine and blend until a thick consistency is reached.
- ☐ Place in a freezable container and freeze for additional hour to firm the ice cream.
- ☐ For the bread pudding: Preheat the oven to 350 degrees F. While the ice cream is finishing, place the yolks in a medium mixing bowl.
- ☐ Add the sugar to the yolks and beat until fully incorporated. Slowly pour the cream into the egg mixture, stirring constantly, and when all the cream is mixed together add half of your cola reduction, saving the other half for garnishing.

- ☐ Cut the bread into bite-size pieces and evenly distribute in a 9- by 12-inch nonstick pan.
- ☐ Pour the cream mixture over the bread and press down so that the bread absorbs the cream. Cover with foil and bake for 30 minutes. After 30 minutes, uncover and bake for additional 15 minutes. The pudding should have firm consistency and slight browning on top.
- ☐ Remove from the oven.
- ☐ While the bread pudding is still warm to the touch, cut out circles with a round cookie cutter and place in serving bowls. Scoop one spoonful of ice cream on top of the bread pudding and garnish by drizzling cola reduction on top.

Nutrition Facts



Properties

Glycemic Index:26.24, Glycemic Load:61.29, Inflammation Score:-9, Nutrition Score:25.227391439935%

Nutrients (% of daily need)

Calories: 1074.71kcal (53.74%), Fat: 60.48g (93.05%), Saturated Fat: 34.8g (217.51%), Carbohydrates: 107.47g (35.82%), Net Carbohydrates: 102.74g (37.36%), Sugar: 56.9g (63.22%), Cholesterol: 307.56mg (102.52%), Sodium: 625.89mg (27.21%), Alcohol: 5.31g (100%), Alcohol %: 1.29% (100%), Caffeine: 13.3mg (4.43%), Protein: 20.2g (40.39%), Manganese: 1.43mg (71.31%), Selenium: 46.91µg (67.01%), Vitamin A: 2303.77IU (46.08%), Vitamin B2: 0.69mg (40.72%), Vitamin B1: 0.56mg (37.44%), Phosphorus: 343.91mg (34.39%), Vitamin B3: 6.75mg (33.77%), Folate: 125.81µg (31.45%), Calcium: 310.55mg (31.05%), Iron: 4.97mg (27.59%), Vitamin D: 3.4µg (22.65%), Fiber: 4.73g (18.93%), Vitamin B5: 1.88mg (18.79%), Magnesium: 63.77mg (15.94%), Zinc: 2.08mg (13.87%), Vitamin B6: 0.25mg (12.6%), Vitamin E: 1.87mg (12.47%), Vitamin B12: 0.7µg (11.75%), Potassium: 378.46mg (10.81%), Copper: 0.21mg (10.35%), Vitamin K: 10.46µg (9.96%), Vitamin C: 1.07mg (1.3%)