



Lemon-Spice Bread Pudding with Sauteed Peaches

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



531 kcal

DESSERT

Ingredients

- ☐ 6 cups unseasoned bread cubes with crusts (11 ounces)
- ☐ 5 tablespoons butter melted
- ☐ 4 cardamom pods crushed
- ☐ 3 large eggs
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 8 servings peaches
- ☐ 1 teaspoon salt

- ☐ 1.3 cups sugar
- ☐ 1 vanilla pod split
- ☐ 1 cup whipping cream
- ☐ 2 cups milk whole
- ☐ 2 star anise whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Toss bread and melted butter on large rimmed baking sheet to coat.
- ☐ Place bread in oven and toast until golden, tossing occasionally, about 15 minutes. Cool.
- ☐ Meanwhile, scrape seeds from vanilla bean into heavy medium saucepan; add bean.
- ☐ Add milk, cream, cardamom, star anise, and lemon peel to pan and bring to simmer.
- ☐ Remove from heat, cover, and let steep 30 minutes. Strain.
- ☐ Whisk eggs, sugar, and salt in large bowl. Gradually whisk milk mixture into egg mixture.
- ☐ Add bread and toss gently to combine. Cover and let stand at room temperature, stirring occasionally, at least 1 hour and up to 2 hours.
- ☐ Position rack in middle of oven and preheat to 350F. Butter 11x7x2-inch glass baking dish.
- ☐ Transfer bread mixture to prepared dish.
- ☐ Bake until just set, about 55 minutes. Cool pudding at least 10 minutes.
- ☐ Serve warm or at room temperature with sautéed peaches.

Nutrition Facts



 **PROTEIN 8.26%**  **FAT 39.77%**  **CARBS 51.97%**

Properties

Glycemic Index:33.38, Glycemic Load:38.84, Inflammation Score:-7, Nutrition Score:15.573912952257%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 531.29kcal (26.56%), Fat: 24.18g (37.2%), Saturated Fat: 13.39g (83.69%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 66.8g (24.29%), Sugar: 50.07g (55.64%), Cholesterol: 129.5mg (43.17%), Sodium: 623.5mg (27.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Manganese: 0.89mg (44.39%), Selenium: 23.34µg (33.35%), Vitamin A: 1346.86IU (26.94%), Vitamin B2: 0.39mg (22.93%), Phosphorus: 208.2mg (20.82%), Vitamin B3: 3.68mg (18.39%), Vitamin B1: 0.26mg (17.31%), Calcium: 172.21mg (17.22%), Fiber: 4.29g (17.15%), Iron: 2.63mg (14.64%), Folate: 55.04µg (13.76%), Vitamin E: 1.88mg (12.53%), Vitamin B5: 1.18mg (11.78%), Potassium: 406.04mg (11.6%), Magnesium: 43.83mg (10.96%), Copper: 0.21mg (10.27%), Vitamin D: 1.52µg (10.15%), Zinc: 1.45mg (9.64%), Vitamin B12: 0.56µg (9.31%), Vitamin C: 7.16mg (8.68%), Vitamin B6: 0.17mg (8.42%), Vitamin K: 8.36µg (7.96%)