



Maple Pecan Bread Pudding

READY IN



155 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

Ingredients

- 3 eggs
- 1 cup maple syrup
- 0.5 teaspoon ground cinnamon
- 3 cups milk
- 6 teaspoons vanilla
- 12 oz bread french firm cut into 1-inch slices, then tear into 1-inch pieces (10 cups)
- 2 teaspoons butter softened
- 1 cup pecans toasted chopped
- 1 cup whipped cream melted

- 2 tablespoons bourbon
- 1 tablespoon maple syrup

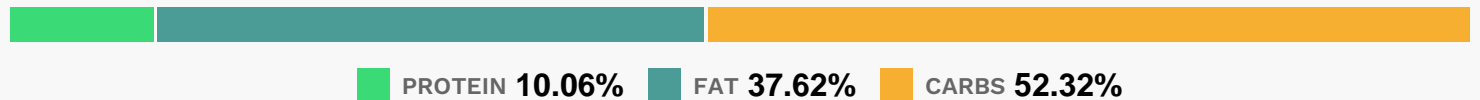
Equipment

- bowl
- oven
- whisk
- baking pan
- glass baking pan

Directions

- In large bowl, mix eggs, 1 cup maple syrup and the cinnamon with wire whisk until well blended. Beat in milk and vanilla until well blended. Stir in bread pieces.
- Let stand 30 minutes.
- Heat oven to 350°F. Grease 11x7-inch (2-quart) glass baking dish with softened butter. Stir pecans into bread mixture.
- Pour into baking dish.
- Bake uncovered 65 to 70 minutes or until top is puffed and light golden brown (center will jiggle slightly). Cool 30 minutes.
- In small bowl, mix ice cream, bourbon and 1 tablespoon maple syrup until well blended.
- Serve sauce over warm bread pudding. Store bread pudding and sauce covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:25.36, Inflammation Score:-5, Nutrition Score:17.963912980712%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 465.31kcal (23.27%), Fat: 19.07g (29.33%), Saturated Fat: 5.12g (32%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 56.47g (20.54%), Sugar: 36.94g (41.04%), Cholesterol: 82.31mg (27.44%), Sodium: 284.74mg (12.38%), Alcohol: 2.28g (100%), Alcohol %: 1.25% (100%), Protein: 11.47g (22.95%), Manganese: 2.14mg (107.11%), Vitamin B2: 0.91mg (53.68%), Selenium: 19.88µg (28.4%), Calcium: 254.08mg (25.41%), Vitamin B1: 0.36mg (23.88%), Phosphorus: 235.72mg (23.57%), Magnesium: 58.63mg (14.66%), Zinc: 2.07mg (13.79%), Vitamin B3: 2.71mg (13.57%), Fiber: 3.19g (12.76%), Iron: 2.24mg (12.46%), Copper: 0.25mg (12.32%), Folate: 47.77µg (11.94%), Vitamin B12: 0.71µg (11.79%), Potassium: 410.22mg (11.72%), Vitamin B5: 1.16mg (11.59%), Vitamin D: 1.37µg (9.13%), Vitamin B6: 0.17mg (8.43%), Vitamin A: 346.88IU (6.94%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.06µg (2.91%)