



Mexican Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

DESSERT

Ingredients

- 1.5 teaspoons aniseed
- 0.3 cup blanched slivered almonds
- 8 inch bread french
- 3 cinnamon sticks
- 0.3 cup corn oil
- 2 cups t brown sugar dark packed ()
- 0.3 cup roasted peanuts unsalted
- 4 ounces manchego cheese thinly sliced room temperature
- 0.5 cup raisins

- 10 tablespoons butter unsalted ()
- 1.5 cups water

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 350°F. Melt 4 tablespoons butter in small saucepan over medium–low heat.
- Whisk in corn oil.
- Brush large rimmed baking sheet with some of butter mixture. Arrange bread slices on sheet.
- Brush bread generously with remaining butter mixture.
- Bake bread slices 10 minutes; turn slices over and bake until golden and crisp, about 5 minutes longer. Cool. Arrange bread in 15x10x2–inch glass baking dish. Maintain oven temperature.
- Bring brown sugar, 1 1/2 cups water, canela sticks, aniseed, and 6 tablespoons butter to boil in medium saucepan, stirring until sugar dissolves. Boil until syrup is reduced to 2 cups, stirring occasionally, about 15 minutes. (Bread and syrup can be prepared 1 day ahead. Cover bread and store at room temperature. Cover and chill syrup. Rewarm syrup before using.)
- Gradually pour warm syrup over bread slices, allowing some of syrup to be absorbed before adding more.
- Sprinkle raisins, almonds, and peanuts over. Cover dish with foil and bake until bread is slightly softened and syrup is bubbling, about 25 minutes.
- Place 2 bread slices on each plate; spoon some of syrup, raisins, and nuts over. Top each with queso manchego.
- Serve with crema mexicana, if desired.

*Light yellow, semi-soft mild cheese that is different from the aged Spanish cheese of the same name. Substitute mild cheddar, Monterey Jack, or Muenster.

**Cultured Mexican cream with a slightly nutty flavor and consistency of thin sour cream.

Nutrition Facts

 **PROTEIN 4.67%**  **FAT 49.36%**  **CARBS 45.97%**

Properties

Glycemic Index:15.93, Glycemic Load:4.49, Inflammation Score:-4, Nutrition Score:6.7334782144298%

Nutrients (% of daily need)

Calories: 548.42kcal (27.42%), Fat: 31.1g (47.84%), Saturated Fat: 13.66g (85.36%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 62.84g (22.85%), Sugar: 53.74g (59.71%), Cholesterol: 52.79mg (17.6%), Sodium: 140.94mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Manganese: 0.52mg (25.91%), Calcium: 239.32mg (23.93%), Vitamin E: 2.55mg (16.99%), Vitamin A: 520.69IU (10.41%), Fiber: 2.32g (9.28%), Magnesium: 30.65mg (7.66%), Copper: 0.15mg (7.56%), Iron: 1.22mg (6.78%), Potassium: 231.82mg (6.62%), Vitamin B3: 1.18mg (5.89%), Phosphorus: 58.27mg (5.83%), Vitamin K: 4.71µg (4.49%), Vitamin B2: 0.07mg (3.9%), Vitamin B6: 0.06mg (3.21%), Selenium: 2.17µg (3.1%), Vitamin B1: 0.05mg (3.07%), Folate: 11.58µg (2.89%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.2mg (2.02%), Vitamin D: 0.26µg (1.75%)