



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 x2x bread from three 6- to 7-inch-long rolls french
- ☐ 3 cinnamon sticks
- ☐ 0.3 cup corn oil
- ☐ 2 cups brown sugar dark packed ()
- ☐ 0.3 cup dry-roasted peanuts unsalted
- ☐ 4 ounces queso manchego thinly sliced room temperature
- ☐ 0.5 cup raisins

- ☐ 10 tablespoons butter unsalted ()
- ☐ 1.5 cups water

Equipment

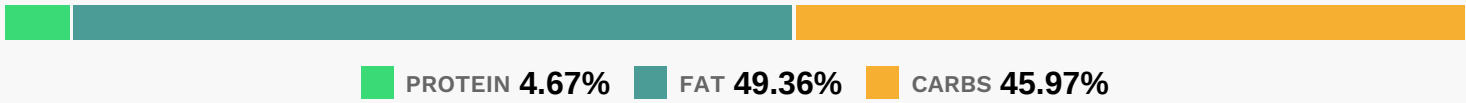
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ glass baking pan

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



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: Og (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%)