



## Meyer Lemon and Blackberry Bread Pudding with Meyer Lemon Whipped Cream

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



809 kcal

DESSERT

### Ingredients

- ☐ 1.5 pints blackberries fresh
- ☐ 16 ounces brioche 1 loaf cut into 1 1/2 -inch cubes weighed after crust removed
- ☐ 2 large egg yolks
- ☐ 6 large eggs
- ☐ 1.3 cups granulated sugar
- ☐ 1.5 tablespoons granulated sugar
- ☐ 1.5 cups heavy cream cold

- ☐ 3.8 cups heavy cream
- ☐ 1 lemon zest
- ☐ 1 tablespoon meyer lemon juice
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract

## Equipment

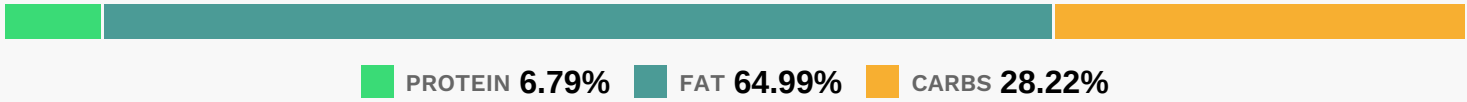
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan

## Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Place the bread cubes on a large baking sheet in a single layer and toast until lightly golden brown on all sides, turning a few times, about 15 minutes.
- ☐ Remove and let cool slightly.
- ☐ Bring cream, 1 cup of sugar, and lemon zest, to a simmer over medium heat.
- ☐ Whisk together the eggs and yolks in a medium bowl. Slowly whisk the warm milk into the eggs and add the vanilla.
- ☐ Transfer the bread cubes to a 9 by 15-inch baking dish, pour the custard mixture over and press on the bread to submerge in the custard.
- ☐ Let the mixture sit at room temperature for 30 minutes to allow the bread to absorb more of the custard.
- ☐ Place the baking dish inside a larger roasting pan and fill the outer pan with warm water halfway up the sides of the baking dish.
- ☐ Bake until puffed around the outside but still slightly jiggly in the center, about 45 minutes.

- ☐
- Remove from the water bath and let rest at least 15 minutes before serving. Toss the remaining 1/4 cup sugar with the blackberries.
- ☐
- Serve bread pudding topped with macerated berries and Meyer Lemon Whipped Cream.
- ☐
- Combine the heavy cream, sugar, juice, zest and vanilla extract in a large bowl and whip with a balloon whisk until soft peaks form.

Nutrition Facts



Properties

Glycemic Index:19.07, Glycemic Load:19.48, Inflammation Score:-9, Nutrition Score:14.006086940351%

Flavonoids

Cyanidin: 70.94mg, Cyanidin: 70.94mg, Cyanidin: 70.94mg, Cyanidin: 70.94mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.3mg, Catechin: 26.3mg, Catechin: 26.3mg, Catechin: 26.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 809.06kcal (40.45%), Fat: 59.69g (91.82%), Saturated Fat: 35.86g (224.15%), Carbohydrates: 58.32g (19.44%), Net Carbohydrates: 54.55g (19.84%), Sugar: 34.1g (37.89%), Cholesterol: 367.08mg (122.36%), Sodium: 286.31mg (12.45%), Alcohol: 0.21g (100%), Alcohol %: 0.09% (100%), Protein: 14.03g (28.07%), Vitamin A: 2588.52IU (51.77%), Vitamin B2: 0.41mg (24.37%), Manganese: 0.47mg (23.63%), Selenium: 15.31µg (21.87%), Vitamin C: 16.29mg (19.74%), Vitamin D: 2.78µg (18.55%), Vitamin K: 18.17µg (17.3%), Phosphorus: 160.92mg (16.09%), Vitamin E: 2.39mg (15.9%), Fiber: 3.77g (15.08%), Calcium: 150.59mg (15.06%), Vitamin B5: 1.08mg (10.78%), Folate: 42.12µg (10.53%), Iron: 1.65mg (9.18%), Vitamin B12: 0.53µg (8.89%), Potassium: 281.9mg (8.05%), Copper: 0.16mg (7.88%), Zinc: 1.15mg (7.64%), Magnesium: 26.88mg (6.72%), Vitamin B6: 0.13mg (6.44%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.57mg (2.83%)