



My Peach Bread Pudding

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 3 cups unseasoned bread cubes stale
- ☐ 0.7 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup heavy whipping cream

- ☐ 1 cup milk
- ☐ 1 pinch nutmeg
- ☐ 2 cups peaches finely sliced
- ☐ 0.3 cup rum
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ casserole dish

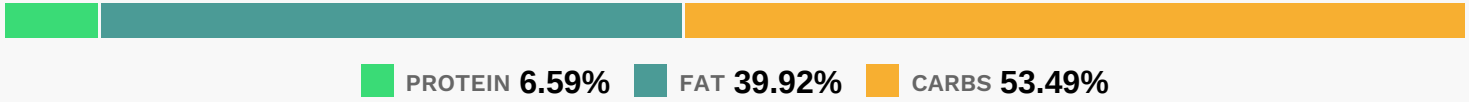
Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix peaches, flour, 1/4 cup white sugar, rum, 1 tablespoon cinnamon, and 1 pinch nutmeg together in a baking dish.
- ☐ Bake in the preheated oven until peaches are tender and bubbling, about 30 minutes.
- ☐ Remove and set peaches aside.
- ☐ Reduce oven temperature to 350 degrees F (175 degrees C). Grease a 1 1/2-quart casserole dish.
- ☐ Stir milk and heavy cream together in a saucepan over medium heat; heat until just warmed and a film forms over top of mixture, about 5 minutes.
- ☐ Remove from heat; stir in butter until melted. Cool mixture to lukewarm.
- ☐ Combine 1 cup white sugar, brown sugar, eggs, 2 teaspoons cinnamon, vanilla extract, salt, and 1/4 teaspoon nutmeg in a bowl; beat with an electric mixer at medium speed until combined, 1 minute. Slowly pour milk mixture into sugar mixture; stir to combine.

- ☐
- Add bread cubes; stir gently. Fold in cooked peaches.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:26.89, Inflammation Score:-6, Nutrition Score:9.4121739553369%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 476.6kcal (23.83%), Fat: 20.81g (32.01%), Saturated Fat: 11.95g (74.72%), Carbohydrates: 62.72g (20.91%), Net Carbohydrates: 60.89g (22.14%), Sugar: 49.73g (55.25%), Cholesterol: 134.37mg (44.79%), Sodium: 279.14mg (12.14%), Alcohol: 2.68g (100%), Alcohol %: 1.66% (100%), Protein: 7.73g (15.46%), Selenium: 16.87µg (24.09%), Manganese: 0.42mg (20.82%), Vitamin A: 910.4IU (18.21%), Vitamin B2: 0.29mg (17.12%), Phosphorus: 134.88mg (13.49%), Calcium: 120.47mg (12.05%), Vitamin B1: 0.16mg (10.64%), Folate: 39.41µg (9.85%), Iron: 1.68mg (9.33%), Vitamin B3: 1.82mg (9.09%), Vitamin D: 1.25µg (8.34%), Vitamin B5: 0.81mg (8.09%), Fiber: 1.83g (7.31%), Vitamin B12: 0.42µg (7%), Vitamin E: 1.02mg (6.8%), Potassium: 215.43mg (6.16%), Magnesium: 23.43mg (5.86%), Zinc: 0.85mg (5.64%), Vitamin B6: 0.11mg (5.5%), Copper: 0.1mg (5.11%), Vitamin K: 3.96µg (3.77%), Vitamin C: 1.82mg (2.21%)