



New Orleans Bread Pudding with Bourbon Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



517 kcal

DESSERT

Ingredients

- 0.3 cup bourbon
- 2 tablespoons bourbon
- 0.3 cup butter
- 0.3 cup plus
- 3 large eggs lightly beaten
- 4.5 cups bread french cubed () (8 ounces)
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 1.3 cups milk 2% reduced-fat
- 0.3 cup raisins
- 1 Dash salt
- 0.5 cup sugar
- 1 tablespoon vanilla extract

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- sieve
- baking pan
- aluminum foil

Directions

- To prepare pudding, combine raisins and 2 tablespoons bourbon in a bowl.
- Let stand 30 minutes.
- Drain mixture in a sieve over a bowl, reserving liquid.
- Combine reserved liquid, milk, and next 6 ingredients (milk through eggs) in a large bowl, stirring well with a whisk.
- Add bread, tossing gently to coat. Spoon mixture into an 8-inch square baking dish coated with cooking spray.
- Sprinkle evenly with raisins, pressing gently into bread mixture. Cover with foil; chill 30 minutes or up to 4 hours.
- Preheat oven to 35
- Place dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.

- Bake, covered, at 350 for 20 minutes. Uncover and bake an additional 10 minutes or until a knife inserted in center comes out clean.
- To prepare sauce, combine 1/2 cup sugar, corn syrup, and butter in a small saucepan over medium heat. Bring to a simmer; cook 1 minute, stirring constantly.
- Remove from heat; stir in 1/4 cup bourbon.
- Serve each bread pudding piece warm with about 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:58.18, Inflammation Score:-6, Nutrition Score:17.437391383492%

Nutrients (% of daily need)

Calories: 516.53kcal (25.83%), Fat: 10.31g (15.86%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 84.89g (28.3%), Net Carbohydrates: 81.95g (29.8%), Sugar: 25.75g (28.62%), Cholesterol: 78.18mg (26.06%), Sodium: 803.41mg (34.93%), Alcohol: 3.84g (100%), Alcohol %: 2.31% (100%), Protein: 16.12g (32.24%), Vitamin B1: 0.87mg (58.05%), Selenium: 39.99µg (57.13%), Folate: 155.33µg (38.83%), Vitamin B2: 0.66mg (38.55%), Manganese: 0.67mg (33.32%), Vitamin B3: 5.8mg (29.01%), Iron: 5.05mg (28.06%), Phosphorus: 192.57mg (19.26%), Fiber: 2.95g (11.79%), Calcium: 115.54mg (11.55%), Magnesium: 45.23mg (11.31%), Zinc: 1.67mg (11.11%), Copper: 0.21mg (10.54%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.78mg (7.77%), Potassium: 245.36mg (7.01%), Vitamin A: 281.39IU (5.63%), Vitamin B12: 0.33µg (5.55%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.42µg (1.35%)