



One-Dish Caramel-Pecan-Pumpkin Bread Pudding

 Vegetarian

READY IN



562 min.

SERVINGS



11

CALORIES



476 kcal

DESSERT

Ingredients

- 12 oz bread loaf french cut into 1-inch pieces (10 cups)
- 1 cup firmly brown sugar light packed
- 0.5 cup butter
- 30 oz pumpkin canned
- 1 tablespoon plus light
- 4 large eggs
- 1 cup granulated sugar

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 cup half-and-half
- 1.5 cups milk
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- aluminum foil

Directions

- Whisk together eggs and next 8 ingredients in a large bowl until well blended.
- Add bread pieces, stirring to thoroughly coat. Cover with plastic wrap, and chill 8 to 24 hours.
- Preheat oven to 35
- Spoon chilled bread mixture into a lightly greased 13- x 9-inch baking dish. Cover with aluminum foil.
- Bake, covered, at 350 for 35 minutes. Uncover and bake 15 minutes.
- Heat pecans in a medium skillet over medium-low heat, stirring often, 3 to 5 minutes or until lightly toasted and fragrant.

- Cook brown sugar, butter, and corn syrup in a small saucepan over medium heat, stirring occasionally, 3 to 4 minutes or until sugar is dissolved.
- Remove from heat; stir in vanilla and pecans.
- Remove bread pudding from oven; drizzle with Caramel-Pecan Sauce.
- Bake 5 minutes or until sauce is thoroughly heated and begins to bubble.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:26.01, Inflammation Score:-10, Nutrition Score:17.228260682977%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 475.52kcal (23.78%), Fat: 21.23g (32.67%), Saturated Fat: 8.9g (55.59%), Carbohydrates: 65.72g (21.91%), Net Carbohydrates: 61.82g (22.48%), Sugar: 46.1g (51.22%), Cholesterol: 101.51mg (33.84%), Sodium: 421.08mg (18.31%), Alcohol: 0.19g (100%), Alcohol %: 0.1% (100%), Protein: 9.21g (18.42%), Vitamin A: 12526.31IU (250.53%), Manganese: 0.74mg (36.92%), Selenium: 16.89µg (24.13%), Vitamin B1: 0.33mg (22.14%), Vitamin B2: 0.36mg (21.46%), Phosphorus: 178.59mg (17.86%), Iron: 3.01mg (16.74%), Fiber: 3.9g (15.61%), Folate: 59.09µg (14.77%), Calcium: 138.76mg (13.88%), Vitamin K: 14.12µg (13.45%), Copper: 0.27mg (13.29%), Magnesium: 49.31mg (12.33%), Potassium: 367.79mg (10.51%), Vitamin E: 1.52mg (10.11%), Vitamin B5: 1mg (9.95%), Vitamin B3: 1.98mg (9.92%), Zinc: 1.35mg (9%), Vitamin B6: 0.17mg (8.33%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.73µg (4.86%), Vitamin C: 3.55mg (4.31%)