



Peach Bread Pudding

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



1087 kcal

DESSERT

Ingredients

- 3 tbsp brandy
- 8 cups day-old bread french with crust, torn into bite-size pieces
- 6 tablespoons butter plus more for ramekins
- 1 tablespoon cinnamon
- 6 large eggs
- 0.5 teaspoon ground nutmeg
- 3 cups milk
- 6 large peaches peeled sliced lengthwise into 1/4-in. slices

- 1.8 cups sugar divided
- 8 servings whipped cream sweetened
- 1 tablespoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- whisk
- ramekin
- roasting pan

Directions

- Preheat oven to 37
- Butter 8 ramekins (8 oz. each). Put bread pieces in a large bowl and pour in milk.
- Let soak, stirring occasionally, about 30 minutes.
- Meanwhile, in a large frying pan over medium heat, melt 6 tbsp. butter and 3/4 cup sugar.
- Add peaches and cook 1 to 2 minutes to release juices. Strain into a small bowl; reserve juices.
- Whisk eggs, 1 cup sugar, the vanilla, cinnamon, and nutmeg.
- Pour over bread and stir to combine. Fold in peaches.
- Spoon mixture into ramekins and set in a large roasting pan. Put roasting pan in oven and fill pan with very hot water to come halfway up sides of ramekins.
- Bake until puddings are puffy and firm when pressed, about 45 minutes.
- Simmer reserved juices until steaming.
- Whisk in brandy.
- Serve pudding with sauce and whipped cream.

Nutrition Facts



■ PROTEIN **12.81%** ■ FAT **18.73%** ■ CARBS **68.46%**

Properties

Glycemic Index:52.98, Glycemic Load:131.82, Inflammation Score:-9, Nutrition Score:37.872608827508%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 1087.11kcal (54.36%), Fat: 22.62g (34.8%), Saturated Fat: 10.41g (65.09%), Carbohydrates: 185.99g (62%), Net Carbohydrates: 178.26g (64.82%), Sugar: 70.89g (78.77%), Cholesterol: 177.62mg (59.21%), Sodium: 1598.1mg (69.48%), Alcohol: 2.44g (100%), Alcohol %: 0.55% (100%), Protein: 34.8g (69.6%), Selenium: 84.16µg (120.22%), Vitamin B1: 1.78mg (118.76%), Vitamin B2: 1.37mg (80.39%), Folate: 317.15µg (79.29%), Manganese: 1.52mg (75.94%), Vitamin B3: 12.62mg (63.08%), Iron: 10.47mg (58.17%), Phosphorus: 453.05mg (45.3%), Fiber: 7.73g (30.92%), Calcium: 281.27mg (28.13%), Magnesium: 103.58mg (25.9%), Copper: 0.5mg (25.03%), Zinc: 3.68mg (24.55%), Vitamin A: 1085.18IU (21.7%), Vitamin B6: 0.41mg (20.53%), Vitamin B5: 1.94mg (19.41%), Potassium: 645.41mg (18.44%), Vitamin E: 2.2mg (14.66%), Vitamin B12: 0.86µg (14.39%), Vitamin D: 1.78µg (11.87%), Vitamin K: 7.14µg (6.8%), Vitamin C: 5.42mg (6.57%)