

Peachy Bread Pudding with Caramel Sauce

 Vegetarian

READY IN



95 min.

SERVINGS



15

CALORIES



372 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar
- 0.5 cup butter
- 2 tablespoons plus light
- 3 eggs lightly beaten
- 4 cups bread french
- 1 teaspoon ground cinnamon
- 2 cups peaches fresh pitted peeled halved
- 1 tablespoon rum

- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract
- 1.3 cups water hot

Equipment

- sauce pan
- oven
- knife
- mixing bowl
- baking pan

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Grease a 9x13-inch baking dish.
- Chop the peaches and lightly mash them in a mixing bowl.
- Combine the sweetened condensed milk and the eggs; add them to the peaches and mix well. Stir in the hot water, melted butter, cinnamon, and vanilla. Stir the French bread into to the custard mixture until the bread is completely moistened. Turn the pudding into the prepared baking dish.
- Bake until a knife inserted in the center of the pudding comes out clean, about 1 hour and 10 minutes.
- While the pudding is baking, combine the brown sugar, 1/2 cup butter, corn syrup, and rum in a saucepan. Bring to a boil over medium heat and simmer for 3 to 4 minutes or until just slightly thickened.
- Let cool slightly.
- Remove the pudding from the oven and let it cool for about ten minutes before serving.
- Serve warm with the caramel sauce. Cool and cover any leftover pudding and store it in the refrigerator.

Nutrition Facts



PROTEIN 10.98% **FAT 26.12%** **CARBS 62.9%**

Properties

Glycemic Index:18.05, Glycemic Load:35.16, Inflammation Score:-5, Nutrition Score:11.308695539184%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 371.58kcal (18.58%), Fat: 10.87g (16.72%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 58.87g (19.62%), Net Carbohydrates: 57.1g (20.76%), Sugar: 28.47g (31.63%), Cholesterol: 58mg (19.33%), Sodium: 482.13mg (20.96%), Alcohol: 0.43g (100%), Alcohol %: 0.34% (100%), Protein: 10.28g (20.56%), Selenium: 25.28µg (36.12%), Vitamin B1: 0.48mg (32.16%), Vitamin B2: 0.43mg (25.23%), Folate: 86.19µg (21.55%), Manganese: 0.38mg (18.8%), Vitamin B3: 3.28mg (16.41%), Phosphorus: 157.38mg (15.74%), Iron: 2.81mg (15.59%), Calcium: 123.94mg (12.39%), Magnesium: 30.92mg (7.73%), Vitamin A: 374.59IU (7.49%), Zinc: 1.09mg (7.28%), Fiber: 1.77g (7.07%), Copper: 0.13mg (6.48%), Potassium: 221.76mg (6.34%), Vitamin B5: 0.59mg (5.94%), Vitamin B6: 0.1mg (5.23%), Vitamin E: 0.6mg (3.97%), Vitamin B12: 0.21µg (3.46%), Vitamin C: 1.53mg (1.86%), Vitamin K: 1.81µg (1.73%), Vitamin D: 0.23µg (1.53%)