



WHATSheATE



Pecan, Bourbon, and Butterscotch Bread Pudding



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



1004 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 0.5 cup plus light
- ☐ 5 large eggs
- ☐ 4 cups cup heavy whipping cream
- ☐ 1 pinch kosher salt
- ☐ 1 cup brown sugar light packed ()
- ☐ 2 cups pecans

- ☐ 1.5 tablespoons poppy seeds
- ☐ 1 pound bread crumbs white cut into 1/2" cubes (12 cups)
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.5 vanilla pod split

Equipment

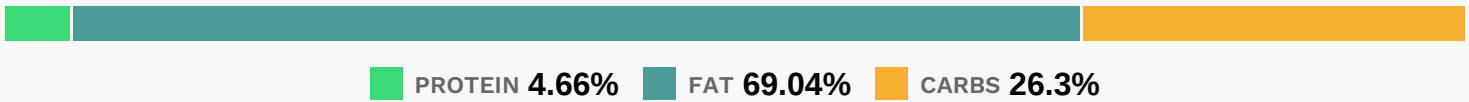
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Bring brown sugar, corn syrup, butter, and salt to a boil in a medium saucepan over medium-high heat, whisking to dissolve sugar. Boil until mixture is syrupy and measures 1 1/3 cups, about 3 minutes.
- ☐ Remove from heat; add cream and bourbon, if desired, and stir until smooth.
- ☐ Let cool. DO AHEAD: Can be made 3 days ahead.
- ☐ Let cool completely, cover, and chill. Rewarm before serving.
- ☐ Toss bread, melted butter, and 2 tablespoons sugar in a large bowl and set aside. Using an electric mixer, beat eggs and remaining 1 1/2 cups sugar in another large bowl until pale yellow and fluffy, about 3 minutes.
- ☐ Add cream, poppy seeds, and salt; beat to blend.
- ☐ Place bourbon in a small bowl; scrape in seeds from vanilla bean (reserve bean for another use).
- ☐ Whisk to distribute seeds, then add to egg mixture, whisking to blend well.
- ☐ Pour egg mixture over bread mixture in bowl.
- ☐ Add pecans and toss to coat well.

- ☐
- Transfer mixture to a 13x9x2" glass or ceramic baking dish, spreading out in an even layer. Cover with plastic wrap and chill overnight.
- ☐
- Preheat oven to 325°F.
- ☐
- Remove plastic wrap and bake until top is browned in spots and a tester inserted into center comes out clean, 1 1/4–1 1/2 hours.
- ☐
- Serve bread pudding with butterscotch sauce.

Nutrition Facts



Properties

Glycemic Index:11.91, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:14.738260891127%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg

Nutrients (% of daily need)

Calories: 1003.71kcal (50.19%), Fat: 78.3g (120.46%), Saturated Fat: 38.63g (241.41%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 63.16g (22.97%), Sugar: 54.63g (60.7%), Cholesterol: 224.98mg (74.99%), Sodium: 251.76mg (10.95%), Alcohol: 1.5g (100%), Alcohol %: 0.77% (100%), Protein: 11.89g (23.79%), Manganese: 1.09mg (54.75%), Vitamin A: 1830.28IU (36.61%), Vitamin B2: 0.37mg (21.66%), Phosphorus: 197.41mg (19.74%), Vitamin B1: 0.26mg (17.26%), Selenium: 12.05µg (17.22%), Copper: 0.33mg (16.27%), Fiber: 3.94g (15.77%), Vitamin D: 2.19µg (14.62%), Calcium: 134.73mg (13.47%), Iron: 2.33mg (12.94%), Magnesium: 50.82mg (12.7%), Folate: 50.6µg (12.65%), Zinc: 1.83mg (12.2%), Vitamin B3: 2.42mg (12.09%), Vitamin E: 1.73mg (11.54%), Potassium: 354.75mg (10.14%), Vitamin B5: 0.86mg (8.6%), Vitamin B6: 0.13mg (6.72%), Vitamin B12: 0.39µg (6.57%), Vitamin K: 4.68µg (4.46%)