



## Pecan Pie Bread Pudding

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



662 kcal

DESSERT

### Ingredients

- 0.5 cup firmly brown sugar packed
- 0.5 cup butter melted
- 0.8 cup plus dark
- 6 large eggs
- 6 ounce bread french mini cubed
- 1.5 cups pecans divided coarsely chopped
- 14 ounce condensed milk sweetened eagle brand® canned
- 1 tablespoon vanilla extract

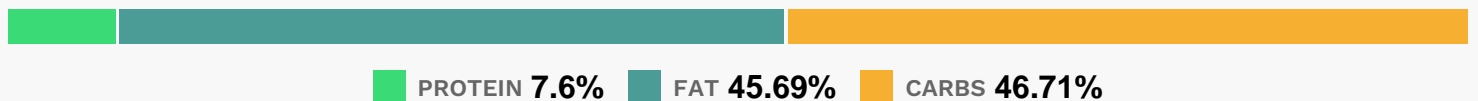
## Equipment

- bowl
- oven
- baking pan
- hand mixer

## Directions

- Heat oven to 350 degrees F.
- Spread bread cubes in single layer on 15x10-inch baking pan.
- Bake, stirring occasionally, 10 minutes or until cubes are toasted. Coat 13 x 9-inch baking dish with no-stick cooking spray.
- Beat eggs in large bowl with electric mixer on medium speed until fluffy. Blend in sweetened condensed milk, dark corn syrup, brown sugar, butter and vanilla. Stir in toasted bread cubes and 1 cup pecans until evenly moistened.
- Pour into prepared baking dish.
- Sprinkle with remaining pecans. Allow to stand 30 minutes.
- Bake 40 to 45 minutes or until golden brown around the edges. Cool 5 minutes.
- Serve warm or cooled with ice cream, syrup, caramel syrup or whipped topping, as desired.

## Nutrition Facts



## Properties

Glycemic Index:36.44, Glycemic Load:47.39, Inflammation Score:-5, Nutrition Score:15.450000001037%

## Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

## Nutrients (% of daily need)

Calories: 662.02kcal (33.1%), Fat: 34.62g (53.26%), Saturated Fat: 12.57g (78.53%), Carbohydrates: 79.64g (26.55%), Net Carbohydrates: 77.21g (28.08%), Sugar: 67.28g (74.75%), Cholesterol: 186.87mg (62.29%), Sodium: 389.03mg (16.91%), Alcohol: 0.56g (100%), Alcohol %: 0.37% (100%), Protein: 12.96g (25.92%), Manganese: 1.09mg (54.45%), Selenium: 26.95µg (38.5%), Vitamin B2: 0.5mg (29.67%), Phosphorus: 286.27mg (28.63%), Vitamin B1: 0.35mg (23.33%), Calcium: 208.01mg (20.8%), Copper: 0.34mg (16.83%), Zinc: 2.13mg (14.19%), Vitamin A: 700.95IU (14.02%), Folate: 54.29µg (13.57%), Magnesium: 53.21mg (13.3%), Iron: 2.32mg (12.89%), Vitamin B5: 1.24mg (12.36%), Potassium: 382.64mg (10.93%), Fiber: 2.43g (9.72%), Vitamin B12: 0.58µg (9.6%), Vitamin B6: 0.16mg (8.2%), Vitamin E: 1.13mg (7.55%), Vitamin B3: 1.43mg (7.15%), Vitamin D: 0.85µg (5.66%), Vitamin K: 2.27µg (2.16%), Vitamin C: 1.51mg (1.84%)