



## Praline Bread Pudding

 Vegetarian

READY IN



195 min.

SERVINGS



12

CALORIES



711 kcal

DESSERT

### Ingredients

- 6 cups day-old bread cubes
- 1 tablespoon butter
- 6 large egg yolks
- 4 eggs
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 0.5 cup heavy cream

- 2 cups heavy cream
- 3 cups heavy cream
- 1 cup brown sugar light
- 1 cup milk
- 1 cup pecan halves
- 4 tablespoons butter unsalted
- 0.5 vanilla pod split
- 1 teaspoon vanilla extract pure
- 2 tablespoons water

## Equipment

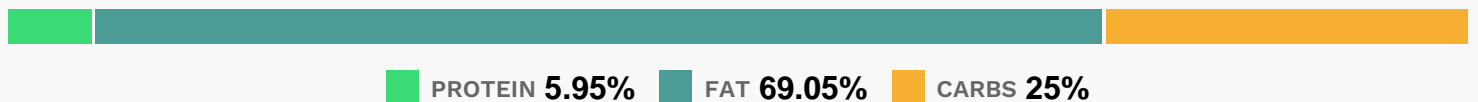
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- pot
- sieve
- plastic wrap
- wooden spoon
- aluminum foil
- stove
- muffin tray

## Directions

- Preheat the oven to 350 degrees F. Grease muffin tins with the butter.
- In a mixing bowl, whisk the eggs, sugar, cinnamon, nutmeg, and vanilla together.

- Whisk in the cream and milk. Fold in the bread and pralines. Cover the mixture with plastic wrap and refrigerate for 2 hours.
- Spoon the filling into each muffin tin.
- Place the muffin tin on a baking sheet and bake for about 30 to 35 minutes or until the center is firm.
- Serve the pudding with the Anglaise sauce.
- In a heavy-bottomed saucepan, combine the light brown sugar, granulated sugar, heavy cream, butter, and water.
- Place over a medium-high heat and stir constantly until the pralines reach the softball stage, 238 to 240 degrees F.
- Add the pecans to the candy, and pull the pan off the stove. Continue to stir the candy vigorously with a wooden spoon until the candy cools, and the pecans remain suspended in the candy, about 2 minutes. Spoon the pralines out onto a parchment or aluminum foil lined sheet pan and cool completely before serving.
- Heat the heavy cream, milk, and vanilla bean in a large, heavy-bottomed saucepan over medium heat.
- Place the egg yolks and sugar in a heatproof mixing bowl and beat until pale yellow in color and all of the sugar has dissolved. Temper about a half cup of the cream mixture into the egg mixture and whisk vigorously to incorporate well.
- Add the egg mixture to the saucepan with the cream mixture and cook, stirring constantly with a whisk, or wooden spoon. Be sure to stir in the corners of the pot and lower the heat slightly. Stir the mixture for 4 to 5 minutes or until the custard has thickened enough to coat the back of a spoon.
- Remove from the stove and strain the custard through a fine mesh sieve into a clean bowl.
- Place the bowl in another bowl half-filled with ice and water to cool the custard. To chill the custard faster, stir it occasionally with a spoon.

## Nutrition Facts



## Properties

Glycemic Index:25.15, Glycemic Load:13.38, Inflammation Score:-8, Nutrition Score:14.239565123682%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

## Nutrients (% of daily need)

Calories: 710.82kcal (35.54%), Fat: 55.71g (85.7%), Saturated Fat: 30.46g (190.39%), Carbohydrates: 45.4g (15.13%), Net Carbohydrates: 43.42g (15.79%), Sugar: 32.37g (35.96%), Cholesterol: 284.61mg (94.87%), Sodium: 207.93mg (9.04%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 10.8g (21.59%), Vitamin A: 1989.52IU (39.79%), Manganese: 0.75mg (37.28%), Selenium: 21.63µg (30.9%), Vitamin B2: 0.43mg (25.31%), Phosphorus: 207.35mg (20.74%), Vitamin D: 2.79µg (18.61%), Calcium: 174.76mg (17.48%), Vitamin B1: 0.22mg (14.95%), Folate: 49.71µg (12.43%), Vitamin B5: 1.16mg (11.65%), Vitamin E: 1.69mg (11.29%), Iron: 1.96mg (10.89%), Vitamin B12: 0.59µg (9.84%), Zinc: 1.41mg (9.4%), Copper: 0.18mg (9.07%), Vitamin B3: 1.79mg (8.96%), Magnesium: 35.76mg (8.94%), Vitamin B6: 0.16mg (8.09%), Fiber: 1.97g (7.89%), Potassium: 264.03mg (7.54%), Vitamin K: 5.75µg (5.48%)