

Praline French Toast Bread Pudding

SERVINGS

DESSERT

Ingredients

45 min.

1 cup t brown sugar dark packed
1 pound egg bread loaf - crusts (preferably the braided one
8 extra large eggs
1 cup granulated sugar
1 teaspoon ground cinnamon
0.5 teaspoon nutmeg
2 cups cup heavy whipping cream

3 tablespoons maple syrup for drizzling

	0.8 cup pecans coarsely chopped
	0.5 teaspoon salt
	0.5 cup butter unsalted softened (1 stick)
	1 tablespoon vanilla extract pure
	1.5 cups milk whole
Εq	uipment
	bowl
	frying pan
	oven
	plastic wrap
	baking pan
	hand mixer
	pastry cutter
Di	rections
	Generously butter a rectangular baking dish (13 \times 9 \times 2 1/2 inches); use the prettiest one you have. Set out a large shallow pan for the water bath.
	Cut the bread across into 3/4-inch-thick slices. If you are not using a braided bread, cut slices into four triangles each. Arrange bread slices in rows, leaning and overlapping them, if necessary.
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	slices into four triangles each. Arrange bread slices in rows, leaning and overlapping them, if necessary. In a large bowl, using an electric mixer, beat the eggs on high until light golden and slightly
	slices into four triangles each. Arrange bread slices in rows, leaning and overlapping them, if necessary. In a large bowl, using an electric mixer, beat the eggs on high until light golden and slightly thickened, about 3 minutes. Beat in the cream, milk, granulated sugar, vanilla, salt, and nutmeg Pour over the bread in the dish, lifting the bread up slightly to pour between the slices and
	slices into four triangles each. Arrange bread slices in rows, leaning and overlapping them, if necessary. In a large bowl, using an electric mixer, beat the eggs on high until light golden and slightly thickened, about 3 minutes. Beat in the cream, milk, granulated sugar, vanilla, salt, and nutmeg Pour over the bread in the dish, lifting the bread up slightly to pour between the slices and letting the custard soak in (this is important; see The Junior's Way). Using a pastry cutter or two knives, combine all praline topping ingredients, except syrup. Using your hands, spread the mixture over the top of the soaked challah, pushing some down between the slices. Cover the plastic wrap and refrigerate for at least 1 hour or preferably

	Place the dish in the center of a larger pan.	
	Pour hot water into the pan until it comes 1 inch up the side of the baking dish.	
	Bake until the pudding is puffy, souffléd, and golden brown, 35 to 40 minutes (don't let it overbake or get too brown). Touch it: The top should be spongy, not dry or crusty. The bread pudding is best served piping hot, right out of the oven.	
	The Junior's Way	
	Drizzle the custard very slowly over the slices of challah, giving it time to soak into the bread. You're going to think there is no way the bread can absorb all of it; be patient—it will slowly soak it all up. Lightly press the bread down into the custard as you pour. Be sure to use all of the custard! When spreading the praline topping, be sure to push it down between the slices of bread.	
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Nutrition Facts		

Properties

Glycemic Index:28.7, Glycemic Load:20.18, Inflammation Score:-8, Nutrition Score:19.797391106253%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Catechin: 0.74mg, Catec

PROTEIN 7.58% FAT 51.61% CARBS 40.81%

Nutrients (% of daily need)

Calories: 871.85kcal (43.59%), Fat: 50.67g (77.95%), Saturated Fat: 25.14g (157.14%), Carbohydrates: 90.16g (30.05%), Net Carbohydrates: 87.72g (31.9%), Sugar: 61.93g (68.82%), Cholesterol: 340.46mg (113.49%), Sodium: 484.15mg (21.05%), Alcohol: 0.56g (100%), Alcohol %: 0.23% (100%), Protein: 16.74g (33.48%), Selenium: 37.93µg (54.19%), Manganese: 1mg (50.23%), Vitamin B2: 0.8mg (46.94%), Vitamin A: 1731.93IU (34.64%), Phosphorus: 285.03mg (28.5%), Vitamin B1: 0.38mg (25.47%), Folate: 91.29µg (22.82%), Calcium: 224.44mg (22.44%), Vitamin D: 3.01µg (20.1%), Iron: 3.27mg (18.16%), Vitamin B1: 0.92µg (15.36%), Vitamin B3: 3.05mg (15.26%), Vitamin B5:

1.48mg (14.82%), Copper: 0.28mg (14.11%), Zinc: 2.05mg (13.66%), Vitamin E: 1.78mg (11.89%), Magnesium: 44.42mg (11.11%), Vitamin B6: 0.21mg (10.72%), Potassium: 370.84mg (10.6%), Fiber: 2.44g (9.78%), Vitamin K: 4.15µg (3.95%)