



Praline French Toast Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



872 kcal

DESSERT

Ingredients

- ☐ 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

Equipment

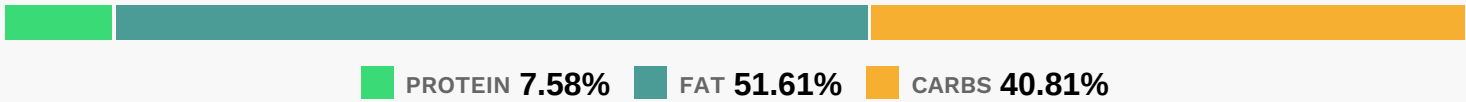
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ pastry cutter

Directions

- ☐ Generously butter a rectangular baking dish (13 x 9 x 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.
- ☐ 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 overnight.
- ☐ Preheat the oven to 350°F.
- ☐ Remove the plastic wrap and drizzle the maple syrup over the top.

- ☐ 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.
- ☐ Reprinted with permission from Junior's Home Cooking: Over 100 Recipes for Classic Comfort Food by Alan Rosen & Beth Allen. Text © 2013 by Alan Rosen and Beth Allen; photographs © 2013 by Mark Ferri. Published by the Taunton Press.

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, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

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 B12: 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%)