



Pumpkin and Spice Bread Pudding

READY IN



110 min.

SERVINGS



12

CALORIES



507 kcal

DESSERT

Ingredients

- 3 cups whipping cream
- 5.5 cups milk
- 0.5 cup granulated sugar
- 0.3 teaspoon salt
- 5 eggs whole
- 3 egg yolk
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.8 cup brown sugar packed
- 1 teaspoon pumpkin pie spice

- 14 egg bread loaf – crusts cut into 3/4-inch slices, then cut into 3/4-inch cubes (10 cups)
- 2 tablespoons granulated sugar
- 1 cup whipping cream
- 1 tablespoon granulated sugar
- 2 tablespoons bourbon

Equipment

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

Directions

- Grease 13x9-inch (3-quart) glass baking dish with butter. In heavy 3-quart saucepan, heat 3 cups whipping cream, the milk, 1/2 cup granulated sugar and the salt to simmering over medium heat, stirring frequently.
- Remove from heat.
- In large bowl, beat eggs and yolks with wire whisk.
- Add pumpkin, brown sugar and pumpkin pie spice. Stir mixture into hot cream mixture with whisk. Gently stir in bread cubes.
- Let stand 30 minutes.
- Heat oven to 325°F.
- Sprinkle 2 tablespoons granulated sugar over custard.
- Bake 50 minutes or until top is puffed and light golden brown. Cool 5 minutes.
- In chilled medium bowl, beat 1 cup whipping cream and 1 tablespoon granulated sugar with electric mixer on high speed until stiff peaks form (do not overbeat). Stir in bourbon.
- Serve with warm bread pudding.

Nutrition Facts

PROTEIN 7.29% FAT 62.1% CARBS 30.61%

Properties

Glycemic Index:21.94, Glycemic Load:9.9, Inflammation Score:-9, Nutrition Score:12.655217528343%

Nutrients (% of daily need)

Calories: 506.52kcal (25.33%), Fat: 35.31g (54.32%), Saturated Fat: 21.37g (133.59%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 37.24g (13.54%), Sugar: 32.47g (36.08%), Cholesterol: 220.46mg (73.49%), Sodium: 195.87mg (8.52%), Alcohol: 0.83g (100%), Alcohol %: 0.4% (100%), Protein: 9.33g (18.66%), Vitamin A: 3381.21IU (67.62%), Vitamin B2: 0.45mg (26.18%), Calcium: 228.09mg (22.81%), Phosphorus: 225.02mg (22.5%), Vitamin D: 3.11µg (20.76%), Selenium: 13.5µg (19.29%), Vitamin B12: 0.98µg (16.38%), Vitamin B5: 1.31mg (13.12%), Potassium: 325.39mg (9.3%), Vitamin B6: 0.19mg (9.29%), Fiber: 1.92g (7.68%), Vitamin E: 1.1mg (7.34%), Manganese: 0.15mg (7.26%), Zinc: 1.07mg (7.13%), Folate: 27.64µg (6.91%), Vitamin B1: 0.1mg (6.86%), Magnesium: 26.69mg (6.67%), Iron: 0.93mg (5.19%), Vitamin K: 3.02µg (2.87%), Copper: 0.05mg (2.62%), Vitamin B3: 0.34mg (1.71%), Vitamin C: 1.3mg (1.58%)