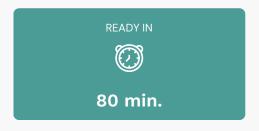
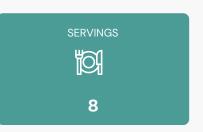


Pumpkin Bread Pudding

airy Free







DESSERT

Ingredients

U.3 teaspoon alispice
0.5 cup apple cider
1.5 tablespoons bourbon to taste (add)
1.5 teaspoon cinnamon
1 teaspoon apple juice mixed with 1 tablespoon apple juice
O.3 cup t brown sugar dark
1 tablespoon ener-g egg replacer packed (may substitute
16 ounce bread french

	0.5 teaspoon ground ginger
	0.1 teaspoon ground cloves
	0.3 cup maple syrup
	0.5 teaspoon nutmeg
	0.3 cup pecans chopped
	1 cup pumpkin pureed canned cooked (or and)
	0.5 cup raisins
	0.3 teaspoon salt
	1.5 cup non-dairy milk plain (or other non-dairy milk)
	2 teaspoons vanilla extract
Eq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	baking paper
	oven
	blender
	baking pan
	toothpicks
	baking spatula
Di	rections
	Cut or tear the bread into bite-sized pieces. If the bread seems moist or dense, spread it out on a cookie sheet and toast it for a few minutes in the oven.
	Place it in a large bowl and add the raisins.
	Put the non-dairy milk into the blender along with the pumpkin, maple syrup, sugar, Ener-G, vanilla, spices, and salt. Blend until smooth.

Pour it over the bread, using a silicone spatula to get out every drop. Stir well to completely
coat all of the bread. Set aside to soak for a few minutes while you ready the pan and preheat
the oven. Preheat oven to 350F. Line an 8×8-inch baking dish with parchment paper or oil
lightly.
Pour the bread pudding into the pan in an even layer.
Bake for about 45 minutes or until top is set and beginning to brown.
Remove from oven and allow to cool for at least 15 minutes. While the pudding is cooling make the sauce.
Place the apple cider and maple syrup in a small saucepan over medium heat, and bring to a simmer, stirring often, until reduced to about half. Carefully add the cornstarch mixture, bring to a boil, and cook for another couple of minutes, stirring constantly, until mixture is no longer cloudy and thickens slightly.
Remove from heat and add the brandy or other spirits a little at a time, to taste. Stir in the nuts. Poke a few holes in the top of the bread pudding with a toothpick, and pour the sauce over the top, distributing nuts evenly.
Cut into squares and serve warm.
Nutrition Facts
22077W 40 000/
PROTEIN 10.88% FAT 14.54% CARBS 74.58%

Properties

Glycemic Index:59.71, Glycemic Load:30.8, Inflammation Score:-8, Nutrition Score:14.332173816536%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 302.6kcal (15.13%), Fat: 4.85g (7.47%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 56.01g (18.67%), Net Carbohydrates: 53.28g (19.37%), Sugar: 18.63g (20.7%), Cholesterol: Omg (0%), Sodium: 443.38mg (19.28%), Alcohol: 1.28g (100%), Alcohol %: 0.98% (100%), Protein: 8.17g (16.35%), Manganese: 0.87mg (43.71%), Vitamin B1:

0.48mg (32.05%), Vitamin B2: 0.5mg (29.36%), Vitamin A: 1412.01IU (28.24%), Selenium: 17.65μg (25.21%), Vitamin B3: 4.47mg (22.35%), Folate: 87.47μg (21.87%), Iron: 3.02mg (16.78%), Calcium: 137.83mg (13.78%), Copper: 0.24mg (11.87%), Fiber: 2.74g (10.95%), Vitamin B6: 0.2mg (10.23%), Vitamin E: 1.45mg (9.66%), Potassium: 320.3mg (9.15%), Phosphorus: 84.49mg (8.45%), Vitamin B12: 0.48μg (7.97%), Magnesium: 31.23mg (7.81%), Zinc: 1.01mg (6.71%), Vitamin C: 5.2mg (6.3%), Vitamin D: 0.53μg (3.54%), Vitamin B5: 0.29mg (2.85%)