



Pumpkin Bread Pudding

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice
- 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
- 0.3 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

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- blender
- baking pan
- toothpicks
- baking spatula

Directions

- 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

■ 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 Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg 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: 0mg (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%)