

# **Pumpkin Bread Pudding**

all Dairy Free



### 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

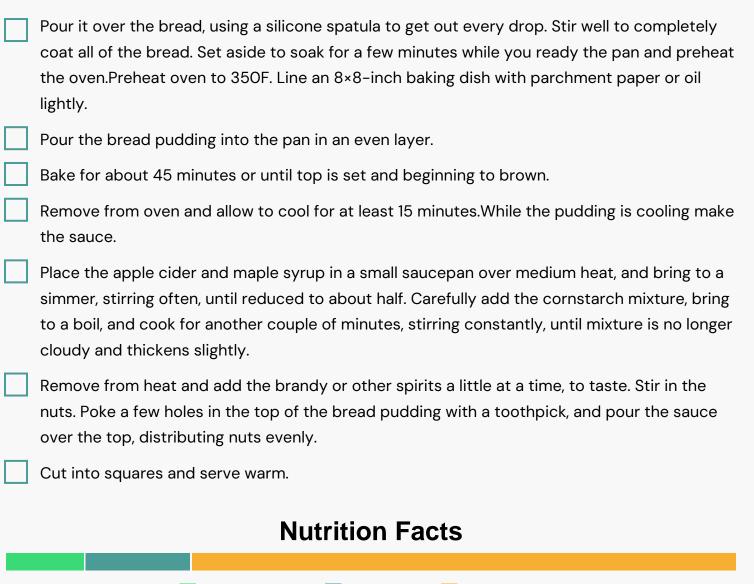
0.5 teaspoon ground ginger
0.1 teaspoon ground cloves
0.3 cup maple syrup
0.5 teaspoon nutmeg
0.3 cup pecans chopped
1 cup pumpkin pureed canned cooked ( or and )
0.5 cup raisins
0.3 teaspoon salt
1.5 cup non-dairy milk plain (or other non-dairy milk)
2 teaspoons vanilla extract

### 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.



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 Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epigallocatechin: 3–gallate: 0.08mg, Epigallocatechin: 0.24mg, Luteolin: 0.09mg, Quercetin: 0.09mg, Cuercetin: 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%)