



Pumpkin Bread Pudding with Caramel Rum Sauce

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



398 kcal

DESSERT

Ingredients

- 4 cups pumpkin bread cubed
- 0.7 cup butterscotch caramel ice cream topping
- 3 tablespoons rum dark
- 2 eggs
- 1.5 cups half-and-half
- 3 tablespoons heavy cream
- 1 teaspoon vanilla extract

0.3 cup sugar white

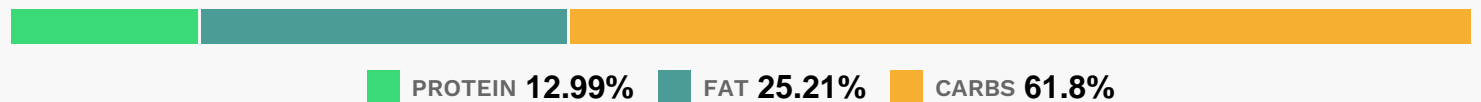
Equipment

- bowl
- oven
- knife
- whisk
- microwave
- pie form

Directions

- Preheat oven to 325 degrees F (165 degrees C). Prepare a 9-inch pie pan with cooking spray.
- Whisk together the eggs, half-and-half, sugar, and vanilla in a bowl. Arrange the cubed pumpkin bread in the pie pan.
- Pour the egg mixture over the bread cubes.
- Bake in preheated oven until a knife inserted into the center of the dish comes out clean, 30 to 35 minutes.
- Combine the caramel sauce, heavy cream, and rum in a medium microwave-safe bowl.
- Heat on High in microwave for 45 seconds; whisk.
- Drizzle sauce over bread pudding to serve.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:27.64, Inflammation Score:-5, Nutrition Score:14.688261016555%

Nutrients (% of daily need)

Calories: 398.08kcal (19.9%), Fat: 10.94g (16.83%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 56.54g (20.56%), Sugar: 20.71g (23.02%), Cholesterol: 50.53mg (16.84%), Sodium: 534.99mg (23.26%), Alcohol: 1.64g (100%), Alcohol %: 1.23% (100%), Protein: 12.68g (25.36%), Manganese: 1.14mg (57.02%),

Selenium: 31.48µg (44.97%), Vitamin B1: 0.4mg (26.97%), Vitamin B3: 5.34mg (26.71%), Folate: 86.15µg (21.54%),
Vitamin B2: 0.36mg (21.12%), Iron: 3.59mg (19.93%), Phosphorus: 182.68mg (18.27%), Calcium: 172.51mg (17.25%),
Fiber: 3.79g (15.14%), Magnesium: 44.6mg (11.15%), Vitamin B5: 1.05mg (10.51%), Zinc: 1.25mg (8.35%), Copper:
0.15mg (7.59%), Vitamin B6: 0.14mg (6.99%), Potassium: 208.5mg (5.96%), Vitamin A: 257.62IU (5.15%), Vitamin K:
5.28µg (5.03%), Vitamin B12: 0.18µg (3.03%), Vitamin E: 0.41mg (2.75%), Vitamin D: 0.25µg (1.65%)