



## Pumpkin Bread Pudding with Caramel Sauce

READY IN



60 min.

SERVINGS



16

CALORIES



201 kcal

DESSERT

### Ingredients

- 1 cup brown sugar divided packed
- 15 oz pumpkin canned
- 12 slices cinnamon-raisin bread cut into 1-inch cubes ( 8 cups)
- 0.5 cup knudsen cream sour
- 4 eggs
- 1 cup milk
- 0.3 cup pancake syrup
- 0.5 cup planters pecans chopped
- 1 tsp pumpkin pie spice divided

- 1 tsp vanilla
- 1 cup cool whip whipped topping thawed

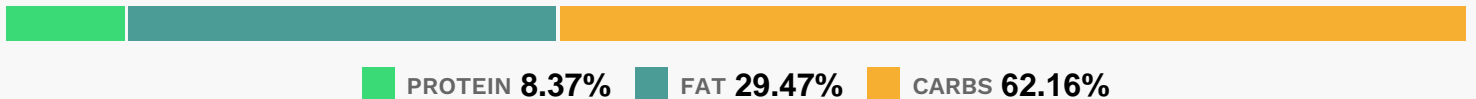
## Equipment

- bowl
- oven
- knife
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Place bread cubes in 13x9-inch baking dish sprayed with cooking spray.
- Beat eggs, milk, pumpkin, 1 cup sugar, 1/2 tsp. pumpkin pie spice and vanilla with whisk until well blended.
- Pour evenly over bread; sprinkle with nuts.
- Bake 45 min. or until knife inserted in center comes out clean.
- Meanwhile, mix sour cream, remaining sugar and remaining pumpkin pie spice in medium bowl until blended. Stir in COOL WHIP.
- Drizzle syrup over pudding.
- Serve warm topped with sour cream mixture.

## Nutrition Facts



## Properties

Glycemic Index:7.44, Glycemic Load:6.93, Inflammation Score:-10, Nutrition Score:9.5217392548271%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg,

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## **Nutrients (% of daily need)**

Calories: 201.39kcal (10.07%), Fat: 6.79g (10.45%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.33g (11.03%), Sugar: 17.61g (19.57%), Cholesterol: 47.28mg (15.76%), Sodium: 104.76mg (4.55%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.34g (8.68%), Vitamin A: 4273.65IU (85.47%), Manganese: 0.31mg (15.57%), Selenium: 8.38µg (11.97%), Vitamin B2: 0.18mg (10.85%), Phosphorus: 86.42mg (8.64%), Fiber: 1.92g (7.69%), Folate: 30.44µg (7.61%), Iron: 1.34mg (7.44%), Vitamin B1: 0.11mg (7.26%), Calcium: 69.72mg (6.97%), Copper: 0.13mg (6.57%), Potassium: 183mg (5.23%), Magnesium: 20.64mg (5.16%), Vitamin K: 5.06µg (4.82%), Vitamin B5: 0.48mg (4.78%), Vitamin B3: 0.86mg (4.32%), Zinc: 0.57mg (3.78%), Vitamin E: 0.56mg (3.7%), Vitamin B6: 0.07mg (3.64%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.39µg (2.59%), Vitamin C: 1.26mg (1.53%)