



Pumpkin Bread Pudding with Rum Sauce

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



1049 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar
- ☐ 1 stick butter
- ☐ 2 cups pumpkin canned
- ☐ 4 tablespoons cornstarch
- ☐ 1 cup rum dark
- ☐ 12 eggs
- ☐ 1 loaf bread french
- ☐ 2 cups granulated sugar

- ☐ 4 ounces pumpkin pie spice
- ☐ 1 vanilla pod
- ☐ 2 ounces vanilla extract
- ☐ 1 quart percent whipping cream

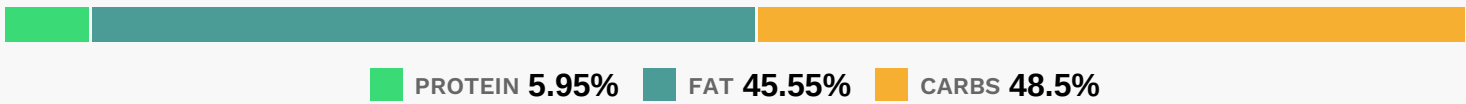
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ For the bread pudding: Blend the cream, pumpkin, granulated sugar, brown sugar, pumpkin pie spice, vanilla extract, eggs and vanilla bean until mixed well.
- ☐ Place the French bread in a 1-gallon aluminum pan.
- ☐ Pour the mixture over the French bread and let sit for 30 minutes.
- ☐ Bake for 1 hour or until firm.
- ☐ For the rum sauce: Blend the cornstarch with the water in a small saucepan.
- ☐ Add the cream, granulated sugar, butter and rum and cook over low heat, stirring occasionally, until thick.
- ☐ Serve the sauce with the bread pudding.

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:43.93, Inflammation Score:-10, Nutrition Score:25.398695676223%

Nutrients (% of daily need)

Calories: 1048.86kcal (52.44%), Fat: 51.09g (78.6%), Saturated Fat: 30.25g (189.07%), Carbohydrates: 122.42g (40.81%), Net Carbohydrates: 118.41g (43.06%), Sugar: 90.63g (100.7%), Cholesterol: 327.65mg (109.22%), Sodium: 436.09mg (18.96%), Alcohol: 9.97g (100%), Alcohol %: 3.36% (100%), Protein: 15.01g (30.03%), Vitamin A: 9614.11IU (192.28%), Manganese: 2.14mg (107.19%), Selenium: 32.71µg (46.73%), Vitamin B2: 0.65mg (38.22%), Iron: 5.86mg (32.58%), Calcium: 243.22mg (24.32%), Phosphorus: 238.15mg (23.82%), Vitamin B1: 0.35mg (23.55%), Folate: 87.18µg (21.8%), Vitamin D: 2.57µg (17.13%), Vitamin E: 2.51mg (16.73%), Fiber: 4.01g (16.03%), Vitamin K: 15.32µg (14.59%), Vitamin B5: 1.45mg (14.53%), Magnesium: 57.42mg (14.35%), Potassium: 456.69mg (13.05%), Vitamin B6: 0.26mg (12.93%), Vitamin B3: 2.54mg (12.71%), Copper: 0.25mg (12.54%), Zinc: 1.72mg (11.48%), Vitamin B12: 0.64µg (10.68%), Vitamin C: 5.28mg (6.4%)