



WHATSHEATE



Pumpkin Bread Pudding with Spicy Caramel Apple Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 cup pumpkin puree canned not flavored
- ☐ 6 large egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 3 tablespoons maple syrup pure
- ☐ 0.5 cup sugar
- ☐ 8 servings butter unsalted for the pan
- ☐ 1 vanilla pod split

- ☐ 8 servings whipped cream for serving
- ☐ 1 cup milk whole

Equipment

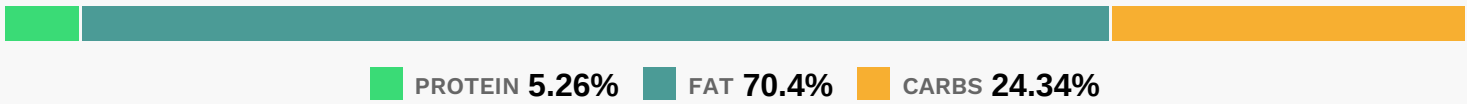
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ roasting pan
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 325°F. Butter a 10-inch glass baking dish.
- ☐ Spread the bread cubes on a large baking sheet and bake in the oven, turning once, until lightly toasted, about 15 minutes.
- ☐ Let cool.
- ☐ Combine the cream, milk, and vanilla bean and seeds in a small saucepan over medium heat and bring to a simmer.
- ☐ Whisk together the yolks, sugar, maple syrup, and pumpkin puree in a large bowl. Slowly whisk in the hot cream mixture until combined. Discard the vanilla bean and whisk in the bourbon.
- ☐ Scatter the pumpkin bread cubes in the prepared baking dish.
- ☐ Pour the custard over the bread, pressing down on the bread to totally submerge it in the custard.
- ☐ Let sit for 15 minutes to allow the bread to soak up some of the custard.
- ☐ Place the dish in a larger roasting pan and pour hot water into the roasting pan until it comes halfway up the sides of the glass dish.

- ☐ Bake until the sides are slightly puffed and the center jiggles slightly, about 1 hour.
 - ☐ Remove from the oven and the water bath and cool on a wire rack for at least 30 minutes before serving.
 - ☐ Serve the warm bread pudding topped with whipped cream and drizzled with spicy caramel apple sauce.
 - ☐ Sprinkle with pumpkin seeds if desired.
 - ☐ Reprinted with permission from Bobby Flay's Bar Americain Cookbook by Bobby Flay with Stephanie Banyas and Sally Jackson, (C) 2011 Clarkson PotterBOBBY FLAY, a New York Times bestselling author, is the chef-owner of six fine dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and an expanding roster of Bobby's Burger Palaces. He is the host of numerous popular cooking shows on Food Network, from the Emmy-winning Boy Meets Grill and Grill It! with Bobby Flay, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star. Brunch @ Bobby's debuted on the Cooking Channel in fall 2010 and America's Next Great Restaurant debuted in March 2011 on NBC. This is his eleventh book. His website is Bobby
- ☐ Flay.com.
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:26.82, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:11.396086951961%

Nutrients (% of daily need)

Calories: 401.84kcal (20.09%), Fat: 31.44g (48.37%), Saturated Fat: 18.91g (118.21%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 23.57g (8.57%), Sugar: 21.74g (24.15%), Cholesterol: 223.9mg (74.64%), Sodium: 37.17mg (1.62%), Alcohol: 1.25g (100%), Alcohol %: 0.94% (100%), Protein: 5.29g (10.58%), Vitamin A: 6040.13IU (120.8%), Vitamin B2: 0.34mg (20.07%), Selenium: 9.84µg (14.05%), Vitamin D: 2.08µg (13.83%), Phosphorus: 132.45mg (13.24%), Calcium: 116.75mg (11.68%), Manganese: 0.23mg (11.42%), Vitamin E: 1.37mg (9.14%), Vitamin B12: 0.53µg (8.91%), Vitamin B5: 0.79mg (7.93%), Vitamin K: 7.45µg (7.09%), Folate: 25µg (6.25%), Potassium: 206.48mg (5.9%), Vitamin B6: 0.1mg (5.19%), Iron: 0.85mg (4.74%), Zinc: 0.7mg (4.63%), Magnesium: 17.84mg (4.46%), Vitamin

B1: 0.07mg (4.43%), Fiber: 0.89g (3.55%), Copper: 0.05mg (2.62%), Vitamin C: 1.64mg (1.99%)