



WHATSheATE



Pumpkin Bread Puddings Brûlée

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon frangelico (hazelnut liqueur)
- ☐ 0.8 cup pumpkin puree pure canned
- ☐ 6 slices raisin bread (each)
- ☐ 1 large eggs
- ☐ 4 large egg yolk
- ☐ 6 tablespoons brown sugar packed ()
- ☐ 0.3 teaspoon nutmeg
- ☐ 1.8 cups half and half
- ☐ 1 pinch salt

- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons whipping cream

Equipment

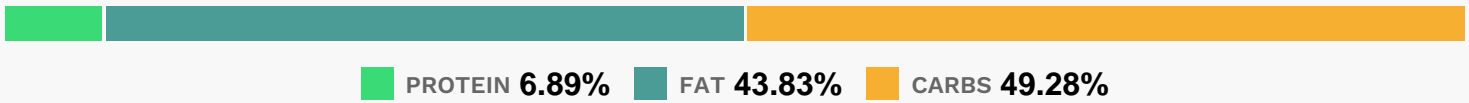
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Stir half and half and 3/4 cup sugar in medium saucepan over medium heat until sugar dissolves.
- ☐ Remove saucepan from heat; cool mixture to lukewarm.
- ☐ Spread butter over 1 side of each bread slice.
- ☐ Cut bread into 3/4-inch pieces. Divide among six 1 1/4-cup soufflé dishes or custard cups.
- ☐ Whisk pumpkin, yolks, egg, liqueur, vanilla, nutmeg and salt in medium bowl until blended.
- ☐ Add half and half mixture; whisk until smooth.
- ☐ Pour pumpkin custard over bread in dishes, dividing equally.
- ☐ Let stand 30 minutes, occasionally pressing on bread to submerge.
- ☐ Preheat oven to 350°F.
- ☐ Place soufflé dishes in large roasting pan.
- ☐ Pour enough hot water into roasting pan to come halfway up sides of soufflé dishes; tent loosely with foil.

- ☐ Place roasting pan in oven.
- ☐ Bake puddings until knife inserted into center comes out clean, about 45 minutes.
- ☐ Transfer puddings to rack and cool completely. Cover and refrigerate at least 4 hours or overnight.
- ☐ Preheat broiler. Spoon 1 tablespoon whipping cream over top of each pudding.
- ☐ Sprinkle 1 tablespoon brown sugar over each. Broil puddings until tops are bubbly and golden brown, watching closely to avoid burning, about 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:26.33, Inflammation Score:-10, Nutrition Score:13.516087003376%

Nutrients (% of daily need)

Calories: 451.19kcal (22.56%), Fat: 22.45g (34.54%), Saturated Fat: 12.5g (78.12%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 54.78g (19.92%), Sugar: 42.64g (47.37%), Cholesterol: 205.09mg (68.36%), Sodium: 166.79mg (7.25%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 7.94g (15.87%), Vitamin A: 5561.67IU (111.23%), Selenium: 17.28µg (24.68%), Vitamin B2: 0.39mg (22.95%), Phosphorus: 177.33mg (17.73%), Calcium: 141.39mg (14.14%), Folate: 54.74µg (13.68%), Iron: 1.79mg (9.93%), Manganese: 0.2mg (9.91%), Vitamin B1: 0.14mg (9.57%), Vitamin B5: 0.95mg (9.53%), Fiber: 2.02g (8.09%), Vitamin E: 1.2mg (8%), Potassium: 272.24mg (7.78%), Vitamin B12: 0.46µg (7.69%), Vitamin D: 1.09µg (7.26%), Vitamin K: 7.17µg (6.83%), Vitamin B6: 0.13mg (6.74%), Magnesium: 24.88mg (6.22%), Zinc: 0.93mg (6.21%), Copper: 0.12mg (5.82%), Vitamin B3: 1.13mg (5.64%), Vitamin C: 2.04mg (2.47%)