



WHATSheATE



Pumpkin Ginger Bread Pudding



Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



1473 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 8 servings confectioners' sugar for garnish
- ☐ 0.3 cup crystallized ginger diced
- ☐ 4 eggs
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 2 cups heavy cream
- ☐ 8 servings olive oil extra-virgin
- ☐ 10 cups round cake plain diced
- ☐ 4 pound pumpkin
- ☐ 1.5 teaspoons vanilla extract

Equipment

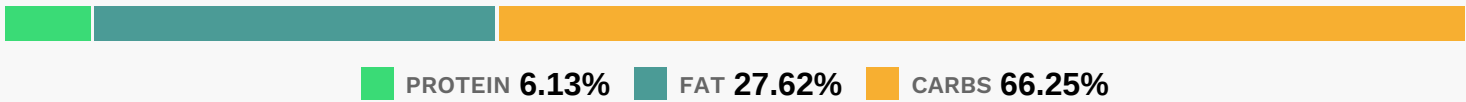
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 11 by 7-inch baking dish
- ☐ For the squash: Preheat the oven to 375 degrees F.
- ☐ Cut the squash in quarters and remove the seeds.
- ☐ Brush the insides with a little oil and arrange on a baking sheet, skin side up. Roast in the preheated oven until the squash is soft all they way through, about 1 hour.
- ☐ Remove from the oven and let cool. (This can be done 1 or 2 days ahead.) When the squash is cold, remove it from the skin and puree in a food processor. You'll need 2 1/2 cups of squash puree for this recipe. If the mixture is dry while pureeing, add a ladleful of the pudding mixture.
- ☐ For the pudding: Preheat the oven to 350 degrees F.
- ☐ In a large bowl, combine the heavy cream, eggs, brown sugar, spices, and vanilla and mix well to combine.
- ☐ Mix in the pumpkin puree.
- ☐ Combine the bread, raisins and ginger in the baking dish.
- ☐ Pour the pudding mixture over the bread to cover and let sit for 15 minutes.

- ☐
- Cook's Note: You may not use all of the filling.
- ☐
- Add more filling if there's room in the dish once the bread has soaked.
- ☐
- Bake in the preheated oven until the custard is set, about 20 to 25 minutes.
- ☐
- It's fall in a dessert! To serve, spoon the pudding into bowls and sprinkle a dusting of confectioners' sugar on top.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:36.017826453499%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1472.88kcal (73.64%), Fat: 45.93g (70.66%), Saturated Fat: 18.77g (117.32%), Carbohydrates: 247.82g (82.61%), Net Carbohydrates: 242.35g (88.13%), Sugar: 158.64g (176.27%), Cholesterol: 450.72mg (150.24%), Sodium: 1908.86mg (82.99%), Alcohol: 0.26g (100%), Alcohol %: 0.05% (100%), Protein: 22.95g (45.9%), Vitamin A: 4550.69IU (91.01%), Vitamin B2: 1.17mg (68.72%), Iron: 10.28mg (57.13%), Manganese: 1.11mg (55.71%), Phosphorus: 547.4mg (54.74%), Vitamin B1: 0.81mg (53.9%), Selenium: 36.81µg (52.59%), Folate: 206.79µg (51.7%), Potassium: 1281.53mg (36.62%), Calcium: 354.32mg (35.43%), Vitamin B3: 7.04mg (35.2%), Vitamin C: 28.58mg (34.65%), Vitamin B6: 0.61mg (30.37%), Vitamin E: 3.8mg (25.31%), Vitamin B5: 2.38mg (23.8%), Fiber: 5.47g (21.87%), Copper: 0.42mg (20.8%), Magnesium: 77.25mg (19.31%), Vitamin B12: 1µg (16.68%), Zinc: 2.46mg (16.39%), Vitamin K: 13.92µg (13.26%), Vitamin D: 1.98µg (13.22%)