



Pumpkin Pie Bread Pudding with Bourbon-Pecan Hard Sauce

 Vegetarian

READY IN



105 min.

SERVINGS



16

CALORIES



352 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 1 stick butter unsalted melted softened for brushing
- 1 butternut squash
- 14 ounces pumpkin puree pure canned
- 1 pound egg bread loaf - crusts cut into 1-inch cubes
- 2 cups powdered sugar
- 4 large eggs (large)

- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 kosher salt
- 0.5 teaspoon nutmeg freshly grated
- 0.5 cup pecans toasted chopped
- 1.3 cups sugar plus more for sprinkling
- 3 cups milk whole

Equipment

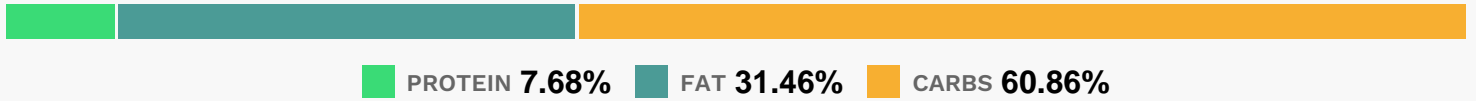
- bowl
- frying pan
- baking sheet
- oven
- whisk
- mandoline

Directions

- Preheat the oven to 37
- Butter two 9-inch, deep-dish glass or ceramic pie plates.
- Spread the challah on a large baking sheet and toast for about 5 minutes, until lightly golden.
- Cut the neck from the butternut squash. Peel it and cut it lengthwise into two 3/4-inch-thick slabs. Very thinly slice the slabs into long, thin strips on a mandoline. Peel, seed and cut all of the remaining squash into 1/2-inch dice.
- In a very large nonstick skillet, melt 3 tablespoons of the butter.
- Add the diced squash and cook over high heat until lightly browned in spots, about 3 minutes.
- Add 1/4 cup of the sugar and cook, stirring occasionally, until just tender and glossy, about 3 minutes longer.
- Let cool.
- In a large bowl, whisk the remaining 1 cup of sugar with the eggs, milk, pumpkin, cinnamon, nutmeg, cloves and salt.

- Add the sauted squash and the challah and gently toss to combine. Spoon the mixture into the buttered pie plates and top each with a loose lattice pattern of the squash strips.
- Brush the strips with butter and sprinkle with sugar. Cover with parchment and bake for 30 minutes. Uncover and bake for 30 minutes longer, until the tops are golden and the puddings are set.
- Let the puddings rest for 15 minutes.
- In a bowl, whisk the remaining butter with the confectioners' sugar, bourbon and pecans.
- Serve the pudding with the sauce.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:14.576956479446%

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, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 351.95kcal (17.6%), Fat: 12.5g (19.24%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 51.7g (18.8%), Sugar: 35.01g (38.91%), Cholesterol: 81.63mg (27.21%), Sodium: 191.98mg (8.35%), Alcohol: 0.63g (100%), Alcohol %: 0.39% (100%), Protein: 6.87g (13.73%), Vitamin A: 9223.67IU (184.47%), Manganese: 0.47mg (23.64%), Selenium: 13.95µg (19.94%), Vitamin B2: 0.28mg (16.42%), Vitamin B1: 0.23mg (15.25%), Phosphorus: 135.78mg (13.58%), Vitamin C: 10.93mg (13.25%), Folate: 52.23µg (13.06%), Calcium: 124.95mg (12.49%), Fiber: 2.73g (10.92%), Vitamin B3: 2.13mg (10.65%), Iron: 1.87mg (10.4%), Potassium: 350.95mg (10.03%), Magnesium: 38.21mg (9.55%), Vitamin E: 1.38mg (9.2%), Vitamin B6: 0.16mg (8.03%), Copper: 0.16mg (7.84%), Vitamin B5: 0.76mg (7.64%), Vitamin B12: 0.4µg (6.64%), Vitamin D: 0.87µg (5.78%), Zinc: 0.84mg (5.61%), Vitamin K: 5.62µg (5.35%)