



Red Velvet Bread Pudding

READY IN



250 min.

SERVINGS



16

CALORIES



415 kcal

DESSERT

Ingredients

- 1 cup confectioners' sugar
- 12 ounces cream cheese softened
- 8 large eggs plus 2 egg yolks
- 0.3 cup granulated sugar
- 1 cup pecans
- 16.5 ounce velvet cake mix red
- 16 servings salt fine
- 4 tablespoons butter unsalted softened plus more for greasing dish
- 1 tablespoon vanilla extract pure

- 0.3 cup vegetable oil plus more for greasing pan
- 4 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- baking pan
- hand mixer
- aluminum foil
- stand mixer
- muffin liners
- muffin tray

Directions

- Preheat the oven to 350 degrees F. Generously oil a 12-cup muffin pan.
- Combine the cake mix, oil, 3 of the eggs and 1 cup water until smooth; divide among the muffin cups.
- Bake until a tester comes out clean, about 18 minutes. Cool in the pan for 5 minutes, then cool completely on a wire rack.
- Meanwhile, beat the cream cheese, butter, confectioners' sugar, 1 teaspoon of the vanilla and a pinch of salt in the bowl of a stand mixer fitted with a paddle attachment (or in a large bowl if using a hand mixer) until smooth.
- Whisk the milk, egg yolks, granulated sugar, remaining 5 eggs and 1 tablespoon vanilla, and a pinch of salt in a large bowl until smooth.
- Butter a shallow 3-quart baking dish.
- Cut the cupcakes in quarters and scatter half over the bottom of the dish. Dollop half the frosting over the cupcakes, then pour in half the custard mixture. Repeat the layering once.

Cover and refrigerate at least 1 hour or overnight.

When ready to bake, preheat the oven to 350 degrees F. Uncover the bread pudding and sprinkle the pecans on top.

Bake until the top is golden brown and the center is set, about 1 hour. If the pecans start to burn, loosely tent the dish with foil. Cool completely on a wire rack.

Nutrition Facts

 **PROTEIN 6.52%**  **FAT 58.7%**  **CARBS 34.78%**

Properties

Glycemic Index:9.07, Glycemic Load:3.61, Inflammation Score:-4, Nutrition Score:9.3017390946979%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 415.06kcal (20.75%), Fat: 27.93g (42.96%), Saturated Fat: 10.07g (62.93%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 35.94g (13.07%), Sugar: 25.78g (28.65%), Cholesterol: 128.12mg (42.71%), Sodium: 529.64mg (23.03%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Caffeine: 3.22mg (1.07%), Protein: 6.98g (13.96%), Phosphorus: 214.47mg (21.45%), Manganese: 0.36mg (17.8%), Selenium: 11.71µg (16.72%), Calcium: 155.96mg (15.6%), Vitamin B2: 0.24mg (13.93%), Vitamin A: 598.75IU (11.97%), Copper: 0.2mg (10.21%), Vitamin K: 10.61µg (10.11%), Vitamin B1: 0.14mg (9.65%), Iron: 1.74mg (9.65%), Vitamin B12: 0.55µg (9.13%), Vitamin E: 1.3mg (8.64%), Folate: 33.92µg (8.48%), Vitamin D: 1.18µg (7.88%), Magnesium: 31.06mg (7.76%), Potassium: 252.97mg (7.23%), Zinc: 1.07mg (7.14%), Vitamin B5: 0.7mg (7%), Fiber: 1.3g (5.18%), Vitamin B6: 0.1mg (5.18%), Vitamin B3: 0.63mg (3.15%)