



Rhubarb and Ginger Brioche Bread Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 12 servings butter (for dish)
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 8.5 inch cut lengthwise in half ()
- ☐ 3 large eggs
- ☐ 1 cup heavy whipping cream
- ☐ 12 servings lightly whipped cream sweetened
- ☐ 1 tablespoon orange peel finely grated
- ☐ 1 cup raspberry preserves seedless

- ☐ 2.5 pounds rhubarb red ends trimmed cut into 1/2-inch-wide pieces (8 to 9 cups) (preferably bright)
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod split
- ☐ 0.5 cup water
- ☐ 1 cup milk whole

Equipment

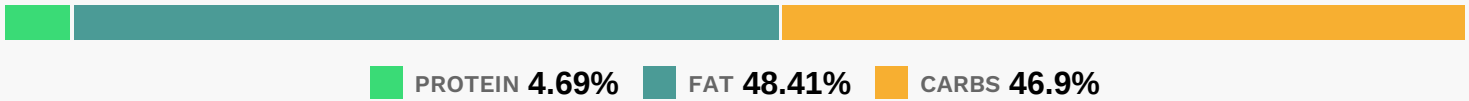
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Whisk preserves and 1/2 cup water in heavy large skillet over mediumheat until preserves dissolve.
- ☐ Sprinkle ginger and orange peel over. Scatter rhubarb evenly in skillet. Bring mixture to simmer over medium heat, occasionally stirring very gently, until rhubarb is slightly tender but still intact, about 10 minutes.
- ☐ Pour mixture into large sieve set over large saucepan.
- ☐ Let drain 15 minutes. DO AHEAD: Can be made 1 day ahead. Cover fruit and syrup separately and chill.
- ☐ Preheat oven to 350°F.
- ☐ Whisk sugar and eggs in medium bowl.
- ☐ Place milk and cream in heavy medium saucepan. Scrape in seeds from vanilla bean. Bring to simmer over medium heat. Gradually add hot cream mixture to egg mixture, whisking custard to blend.

- ☐ Butter 13 x 9 x 2-inch oval baking dish. Arrange enough bread slices in dish to cover bottom (some spaces will remain between slices). Spoon half of rhubarb evenly over. Repeat with bread and rhubarb.
- ☐ Pour custard over.
- ☐ Place baking dish in roasting pan.
- ☐ Add enough hot water to pan to come halfway up sides of dish.
- ☐ Bake pudding until just set in center, about 50 minutes.
- ☐ Remove from oven.
- ☐ Let stand in water bath 30 minutes; remove.
- ☐ Boil reserved syrup until reduced to 1 cup, about 10 minutes. Keep warm.
- ☐ Brush top of pudding with some rhubarb syrup. Spoon warm pudding into bowls; top with syrup and whipped cream.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:19.99, Inflammation Score:-5, Nutrition Score:7.5604347768037%

Flavonoids

Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 348.16kcal (17.41%), Fat: 19.12g (29.42%), Saturated Fat: 11.53g (72.07%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.62g (14.41%), Sugar: 32.96g (36.63%), Cholesterol: 103.28mg (34.43%), Sodium: 83.85mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Vitamin K: 28.79µg (27.42%), Vitamin A: 839.3IU (16.79%), Calcium: 146.89mg (14.69%), Vitamin C: 10.96mg (13.28%), Vitamin B2: 0.18mg (10.61%), Potassium: 365.45mg (10.44%), Manganese: 0.2mg (10.08%), Selenium: 6.61µg (9.45%), Fiber: 2.07g (8.26%), Phosphorus: 78.42mg (7.84%), Vitamin D: 0.79µg (5.27%), Vitamin E: 0.73mg (4.9%), Magnesium: 18.29mg (4.57%), Vitamin B12: 0.26µg (4.41%), Folate: 16.75µg (4.19%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.07mg (3.54%), Iron: 0.6mg (3.32%), Copper: 0.06mg (3.13%), Vitamin B1: 0.05mg (3.01%), Zinc: 0.42mg (2.79%), Vitamin B3: 0.35mg (1.73%)