



## Salted Caramel-Banana Bread Pudding

 Vegetarian

READY IN



190 min.

SERVINGS



12

CALORIES



539 kcal

DESSERT

### Ingredients

- 3 bananas halved lengthwise sliced
- 1 tablespoon bourbon
- 1 pound day-old brioche cut into 1/2-inch cubes ( 13 cups)
- 5 large eggs
- 0.5 cup heavy cream warmed
- 1 cup heavy cream
- 0.5 teaspoon kosher salt
- 0.8 teaspoon kosher salt

- 1 teaspoon juice of lemon fresh
- 2 tablespoons butter salted cut into pieces and at room temperature
- 12 servings butter salted for the baking dish
- 12 servings sea salt for sprinkling
- 0.8 cup sugar
- 1 cup sugar
- 1 tablespoon vanilla extract
- 4 cups milk whole

## Equipment

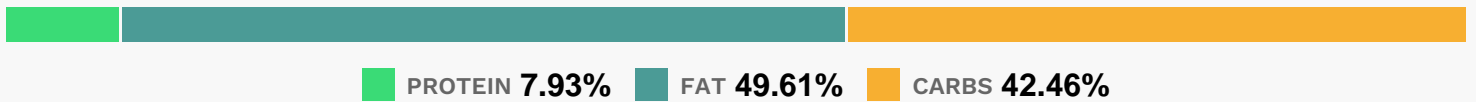
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- pastry brush

## Directions

- Combine the sugar and 1/4 cup water in a medium saucepan over medium heat, stirring just until the sugar dissolves. Cook, gently swirling the pan but not stirring, until amber, about 10 minutes.
- Brush any sugar crystals off the side of the pan with a wet pastry brush.
- Remove from the heat and carefully whisk in the butter, heavy cream, bourbon, lemon juice and kosher salt (the mixture will bubble).
- Pour into a bowl and set aside.
- Make the bread pudding: Preheat the oven to 350 degrees F and butter a 9-by-13-inch baking dish.

- Spread the bread cubes on a rimmed baking sheet and bake until dry and golden, about 20 minutes.
- Let cool completely.
- Whisk the eggs, sugar and kosher salt in a large bowl, then whisk in the milk, heavy cream and vanilla until smooth. Fold in the toasted bread and the banana slices.
- Transfer half of the mixture to the prepared baking dish and spread in an even layer.
- Drizzle with 1/2 cup of the caramel, then top with the remaining bread mixture. Cover with plastic wrap and refrigerate at least 1 hour or overnight. Cover and refrigerate the remaining caramel until ready to serve.
- Preheat the oven to 350 degrees F.
- Sprinkle the bread pudding with sea salt and bake until golden brown and set, about 1 hour, 15 minutes. Warm the remaining caramel and drizzle on top.
- Photograph by Kana Okada

## Nutrition Facts



### Properties

Glycemic Index:29, Glycemic Load:25.07, Inflammation Score:-6, Nutrition Score:7.89260861148%

### Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 539.13kcal (26.96%), Fat: 30.12g (46.34%), Saturated Fat: 17.69g (110.54%), Carbohydrates: 58.01g (19.34%), Net Carbohydrates: 57.25g (20.82%), Sugar: 37.72g (41.91%), Cholesterol: 201.28mg (67.09%), Sodium: 725.15mg (31.53%), Alcohol: 0.79g (100%), Alcohol %: 0.42% (100%), Protein: 10.83g (21.67%), Vitamin A: 1207.69IU (24.15%), Vitamin B2: 0.29mg (17.3%), Calcium: 156.87mg (15.69%), Phosphorus: 149.05mg (14.9%), Selenium: 9.38µg (13.4%), Vitamin D: 1.79µg (11.92%), Vitamin B12: 0.68µg (11.41%), Vitamin B6: 0.2mg (10.22%), Potassium: 289.11mg (8.26%), Vitamin B5: 0.81mg (8.06%), Magnesium: 22.62mg (5.66%), Vitamin E: 0.73mg (4.89%), Zinc: 0.73mg (4.87%), Iron: 0.87mg (4.84%), Manganese: 0.09mg (4.7%), Vitamin B1: 0.07mg (4.64%), Folate: 17.18µg

(4.3%), Vitamin C: 2.91mg (3.52%), Fiber: 0.77g (3.07%), Copper: 0.05mg (2.28%), Vitamin K: 1.92µg (1.83%), Vitamin B3: 0.32mg (1.62%)