



## Southern-Style Bread Pudding

READY IN



195 min.

SERVINGS



10

CALORIES



547 kcal

DESSERT

### Ingredients

- 6 cups cubes bread italian
- 4 large eggs lightly beaten
- 1.5 teaspoons ground cinnamon
- 5 cups half-and-half
- 1 tablespoon honey plus more if desired
- 2 teaspoons juice of lime fresh
- 2 cups raspberries for garnish (3 reserved )
- 0.3 teaspoon salt fine
- 2 cups strawberries sliced

- 0.8 cup sugar
- 4 tablespoons butter unsalted softened
- 2 teaspoons vanilla extract
- 10 servings whipped cream for serving

## Equipment

- food processor
- bowl
- oven
- knife
- whisk
- sieve
- baking pan
- stove
- microwave

## Directions

- For the bread pudding: Butter a 13-by-9-inch baking dish with 1 tablespoon butter.
- Put the bread cubes in the dish.
- Whisk together the half-and-half, 3/4 cup of the sugar, vanilla, 1 teaspoon of the cinnamon, salt and eggs in a large bowl.
- Pour this mixture over the bread. Cover and refrigerate for 1 hour.
- Preheat the oven to 325 degrees F. Melt the remaining 3 tablespoons butter in a microwave or on the stove and drizzle over the top of the bread pudding.
- Combine the remaining 2 tablespoons sugar and 1/2 teaspoon cinnamon and sprinkle over the top.
- Place on the center rack in the oven.
- Bake until the edges start to rise, a knife inserted into the center comes out mostly clean and the pudding jiggles when shaken, 45 to 50 minutes. Cool on a rack 35 to 40 minutes before serving.

- For the sauce: Puree the berries in food processor. Press through a fine-mesh strainer. Stir in the honey and lime juice. Taste and adjust with more honey if it's not sweet enough for you.
- Serve the bread pudding with a drizzle of sauce.
- Garnish with additional berries and a scoop of vanilla ice cream or whipped cream.

## Nutrition Facts

**PROTEIN 7.6%** **FAT 54.97%** **CARBS 37.43%**

### Properties

Glycemic Index:25.44, Glycemic Load:21.59, Inflammation Score:-6, Nutrition Score:12.502173838408%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 546.75kcal (27.34%), Fat: 33.84g (52.07%), Saturated Fat: 19.73g (123.29%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 48.51g (17.64%), Sugar: 43.55g (48.38%), Cholesterol: 157.83mg (52.61%), Sodium: 276.98mg (12.04%), Alcohol: 0.28g (100%), Alcohol %: 0.12% (100%), Protein: 10.53g (21.06%), Vitamin B2: 0.52mg (30.69%), Vitamin C: 25.03mg (30.34%), Phosphorus: 245.75mg (24.57%), Calcium: 240.65mg (24.06%), Vitamin A: 966.9IU (19.34%), Manganese: 0.34mg (17.06%), Selenium: 11.54µg (16.48%), Fiber: 3.35g (13.41%), Potassium: 441.81mg (12.62%), Vitamin B5: 1.16mg (11.65%), Vitamin B12: 0.67µg (11.25%), Folate: 39.19µg (9.8%), Zinc: 1.38mg (9.19%), Magnesium: 36.13mg (9.03%), Vitamin B6: 0.15mg (7.73%), Vitamin E: 1.14mg (7.61%), Vitamin B1: 0.11mg (7.34%), Iron: 1.15mg (6.4%), Vitamin B3: 1.25mg (6.24%), Vitamin K: 4.83µg (4.6%), Vitamin D: 0.62µg (4.11%), Copper: 0.08mg (4.03%)