



Spiced Cranberry Bread Puddings

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



705 kcal

DESSERT

Ingredients

- 0.3 cup apricot preserves
- 0.3 teaspoon kosher salt
- 12 ounces cranberries frozen
- 0.5 cup cranberry juice cocktail concentrate frozen organic thawed
- 4 large eggs
- 1 tablespoon orange liqueur
- 6 servings ground cinnamon
- 2 cups cup heavy whipping cream

- 6 servings nutmeg freshly grated
- 0.5 cup orange juice
- 1 cup sugar divided
- 1 teaspoon vanilla extract
- 12 slices sandwich bread white

Equipment

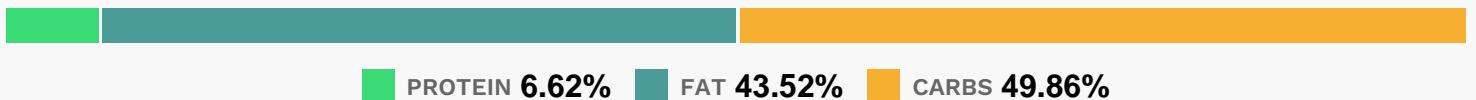
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- sieve
- ramekin
- baking pan

Directions

- Bring 1/2 cup sugar, cranberry juice concentrate, orange juice, and grated orange peel to boil in heavy large saucepan, stirring until sugar dissolves.
- Mix in cranberries; return to simmer. Reduce heat to medium-low; gently simmer 3 minutes (cranberries should not break).
- Pour cranberry mixture into strainer set over bowl and drain. Return syrup to same pan. Boil until very thick and reduced to generous 1/2 cup, about 7 minutes. Fold berries into syrup. Cool to room temperature. DO AHEAD: Can be made 4 days ahead. Cover and chill. Bring to room temperature before using.
- Spray six 1- to 1 1/4-cup ramekins with nonstick spray. Line bottom of each with round of parchment paper.
- Cut round from each bread slice to fit bottom of ramekin.

- Spread each bread round with 1 teaspoon preserves, then sprinkle with cinnamon and grating of nutmeg.
- Spoon 1 tablespoon cranberries (with as little syrup as possible) into each ramekin. Top with 1 bread round, preserves side down. Repeat 1 time with berries and bread rounds. Reserve berry syrup.
- Whisk eggs, liqueur, vanilla, salt, and remaining 1/2 cup sugar in medium bowl until well blended.
- Add cream and stir until sugar dissolves.
- Pour custard, 1/4 cup at a time, over bread in each ramekin (generous 1/2 cup in each).
- Let stand at least 15 minutes and up to 1 hour, occasionally pressing bread to submerge.
- Preheat oven to 350°F.
- Place puddings in 13x9x2-inch metal baking pan.
- Add enough lukewarm water to pan to come halfway up sides of ramekins.
- Bake until puffed and firm to touch, about 45 minutes.
- Remove from water.
- Let cool 10 minutes. Using small sharp knife, cut around each. Turn out onto plate; peel off paper. Spoon some reserved syrup over.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index: 52.81, Glycemic Load: 44.47, Inflammation Score: -8, Nutrition Score: 17.410434826561%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin:

2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 704.56kcal (35.23%), Fat: 34.6g (53.24%), Saturated Fat: 20.24g (126.5%), Carbohydrates: 89.2g (29.73%), Net Carbohydrates: 84.42g (30.7%), Sugar: 56.67g (62.97%), Cholesterol: 213.65mg (71.22%), Sodium: 411.33mg (17.88%), Alcohol: 0.88g (100%), Alcohol %: 0.36% (100%), Protein: 11.85g (23.7%), Manganese: 0.96mg (47.77%), Selenium: 24.79µg (35.41%), Vitamin C: 28.76mg (34.86%), Vitamin A: 1456.89IU (29.14%), Vitamin B2: 0.46mg (26.87%), Vitamin B1: 0.32mg (21.34%), Calcium: 211.68mg (21.17%), Folate: 82.85µg (20.71%), Fiber: 4.78g (19.12%), Phosphorus: 185.27mg (18.53%), Iron: 2.87mg (15.94%), Vitamin E: 2.01mg (13.37%), Vitamin B3: 2.67mg (13.33%), Vitamin B5: 1.29mg (12.93%), Vitamin D: 1.94µg (12.91%), Vitamin B6: 0.19mg (9.46%), Copper: 0.18mg (9.03%), Magnesium: 35.12mg (8.78%), Potassium: 301.83mg (8.62%), Zinc: 1.23mg (8.17%), Vitamin B12: 0.42µg (7.06%), Vitamin K: 6.22µg (5.92%)