



Spirited Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter softened
- ☐ 1.5 tablespoons butter melted
- ☐ 1.5 tablespoons cognac
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups milk fat-free
- ☐ 8 ounce bread french cut into 1/2-inch cubes
- ☐ 0.3 cup golden raisins

- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons walnuts coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ cake form
- ☐ blow torch
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350
- ☐ Spread softened butter evenly into the bottom of an 8-inch round cake pan, and sprinkle with brown sugar and walnuts. Set prepared pan aside.
- ☐ Combine milk and bread in a large bowl.
- ☐ Let stand 15 minutes, occasionally pressing on bread to soak up milk.
- ☐ Add 1/2 cup granulated sugar, melted butter, vanilla, salt, and eggs; stir with a wooden spoon 1 minute or until bread cubes break apart. Stir in raisins, cognac, and 1/2 teaspoon grated rind.
- ☐ Pour bread mixture into prepared pan.
- ☐ Place pan in a 13 x 9-inch baking pan; add hot water to larger pan to a depth of 1 inch.
- ☐ Bake at 350 for 50 minutes or until a knife inserted in center comes out clean.
- ☐ Remove cake pan from water.

- ☐
- Let stand 5 minutes. Invert onto a serving platter.
- ☐
- Sift 2 tablespoons granulated sugar evenly over pudding. Holding a kitchen blowtorch about 3 inches from surface of pudding, heat sugar, moving torch back and forth, until sugar is completely melted and caramelized (about 1 minute).
- ☐
- Serve warm.
- ☐
- Garnish with orange rind strips, if desired.

Nutrition Facts

PROTEIN

11.49%

FAT

25.36%

CARBS

63.15%

Properties

Glycemic Index:55.7, Glycemic Load:25.13, Inflammation Score:-4, Nutrition Score:7.7582608888979%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 255.63kcal (12.78%), Fat: 7.17g (11.04%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 39.21g (14.26%), Sugar: 25.61g (28.46%), Cholesterol: 57.74mg (19.25%), Sodium: 279.64mg (12.16%), Alcohol: 1.03g (100%), Alcohol %: 0.96% (100%), Protein: 7.31g (14.63%), Selenium: 13.5µg (19.28%), Vitamin B1: 0.25mg (16.67%), Vitamin B2: 0.28mg (16.22%), Phosphorus: 135.24mg (13.52%), Manganese: 0.26mg (12.85%), Folate: 44.75µg (11.19%), Calcium: 111.39mg (11.14%), Iron: 1.51mg (8.41%), Vitamin B12: 0.47µg (7.9%), Vitamin B3: 1.54mg (7.68%), Vitamin D: 0.92µg (6.16%), Vitamin A: 302.81IU (6.06%), Magnesium: 23.87mg (5.97%), Vitamin B6: 0.12mg (5.84%), Potassium: 203.58mg (5.82%), Copper: 0.11mg (5.65%), Zinc: 0.83mg (5.54%), Vitamin B5: 0.54mg (5.35%), Fiber: 0.99g (3.94%), Vitamin E: 0.32mg (2.1%)