



## Steve's Killer Bread Pudding

 Gluten Free

READY IN



320 min.

SERVINGS



8

CALORIES



741 kcal

DESSERT

### Ingredients

- 0.8 cup brown sugar
- 0.5 cup butter melted
- 2 teaspoons cinnamon
- 0.3 cup rum dark (recommended: Myers's)
- 3 tablespoons rum dark (recommended: Myers's)
- 1 eggs beaten
- 2 egg yolks beaten
- 3 eggs slightly beaten

- 1 cup evaporated milk
- 5 ounces evaporated milk
- 2 teaspoons lemon zest
- 4 tablespoons butter
- 3 cups milk
- 2 tablespoons blackstrap molasses
- 1 cup raisins
- 0.5 teaspoon salt
- 1 cup sugar
- 1.5 cups sugar
- 2 teaspoons vanilla extract

## Equipment

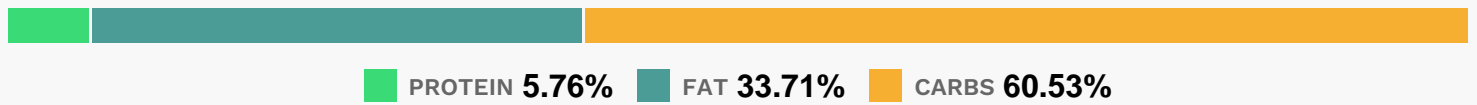
- bowl
- oven
- whisk
- double boiler
- baking pan

## Directions

- Place raisins in a small bowl with rum and soak for a couple of hours.
- Drain raisins and reserve soaking liquid.
- Place bread pieces in a 9 by 12-inch baking dish.
- Add raisins to dish. In a large bowl, combine the milk, eggs, butter, cinnamon, vanilla, heavy cream, sugar, brown sugar, molasses, lemon zest, and salt, and mix well to ensure the sugar has been dissolved.
- Add the reserved raisin soaking liquid to the milk mixture and pour over bread.
- Let sit until bread has soaked up all of the milk mixture for at least 1 to 2 hours.
- Preheat oven to 350 degrees F.

- Place baking dish in another large pan and add water about halfway up the sides of the baking dish.
- Bake for 1 hour or until bread pudding has set.
- Remove bread pudding from oven and let cool to just warm.
- Combine sugar, evaporated milk, margarine, egg and yolks in the top of a double boiler and cook, stirring well, until thick. Do not let sauce boil. Keep warm until serving time.
- Whisk in rum just before serving.
- Serve bread pudding with sauce.

## Nutrition Facts



### Properties

Glycemic Index:45.75, Glycemic Load:54.55, Inflammation Score:-6, Nutrition Score:11.859565340954%

### Nutrients (% of daily need)

Calories: 741.17kcal (37.06%), Fat: 27.39g (42.13%), Saturated Fat: 13.58g (84.85%), Carbohydrates: 110.66g (36.89%), Net Carbohydrates: 109.11g (39.67%), Sugar: 95.73g (106.37%), Cholesterol: 186.2mg (62.07%), Sodium: 436.55mg (18.98%), Alcohol: 4.73g (100%), Alcohol %: 1.93% (100%), Protein: 10.53g (21.07%), Calcium: 303.58mg (30.36%), Phosphorus: 275.39mg (27.54%), Vitamin B2: 0.46mg (27.09%), Vitamin A: 1056.21IU (21.12%), Selenium: 13.93µg (19.9%), Potassium: 583.93mg (16.68%), Vitamin B12: 0.89µg (14.79%), Manganese: 0.25mg (12.41%), Vitamin B5: 1.23mg (12.28%), Vitamin D: 1.74µg (11.59%), Magnesium: 46.04mg (11.51%), Vitamin B6: 0.21mg (10.64%), Iron: 1.54mg (8.56%), Zinc: 1.23mg (8.21%), Vitamin B1: 0.12mg (7.74%), Vitamin E: 1.03mg (6.87%), Copper: 0.13mg (6.35%), Fiber: 1.55g (6.2%), Folate: 22.19µg (5.55%), Vitamin C: 2.59mg (3.14%), Vitamin B3: 0.5mg (2.51%), Vitamin K: 1.82µg (1.73%)