



Sticky Date and Almond Bread Pudding with Amaretto Zabaglione

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



836 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 12 servings amaretto
- ☐ 8 cups egg bread loaf – crusts with crust (from one 16-ounce loaf)
- ☐ 2 large egg yolk
- ☐ 6 large eggs
- ☐ 0.3 teaspoon nutmeg generous ()
- ☐ 3.5 cups half and half

- ☐ 12 ounces medjool dates pitted chopped
- ☐ 12 servings powdered sugar
- ☐ 1 cup caster sugar (superfine sugar)
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ spatula
- ☐ glass baking pan

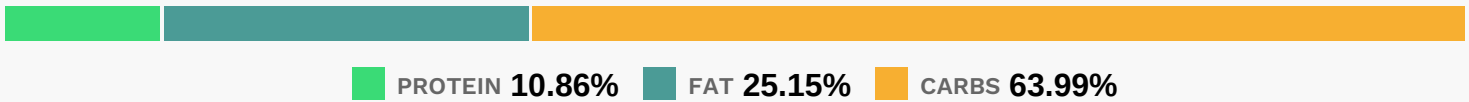
Directions

- ☐ Arrange bread cubes in single layer on rimmed baking sheet.
- ☐ Let stand at room temperature to dry overnight.
- ☐ Butter 13x9x2-inch glass baking dish.
- ☐ Transfer bread cubes to prepared dish.
- ☐ Mix dates and almonds in medium bowl.
- ☐ Sprinkle date mixture over bread and toss to distribute evenly. Using electric mixer, beat eggs and egg yolks in large bowl until frothy.
- ☐ Add 1 cup sugar and beat until mixture thickens and is pale yellow, about 5 minutes.
- ☐ Add half and half, vanilla, and nutmeg; beat just until blended. (Bread mixture and custard can be prepared 2 hours ahead.
- ☐ Let bread mixture stand uncovered at room temperature. Chill custard; rewhisk before continuing.)
- ☐ Preheat oven to 375°F.
- ☐ Pour custard over bread mixture, then press lightly on bread with rubber spatula to submerge.

- ☐
- Let stand 15 minutes, occasionally pressing lightly on bread to submerge.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:11.68, Inflammation Score:-7, Nutrition Score:25.862174003021%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 835.56kcal (41.78%), Fat: 22.78g (35.04%), Saturated Fat: 8.7g (54.35%), Carbohydrates: 130.36g (43.45%), Net Carbohydrates: 124.35g (45.22%), Sugar: 54.28g (60.31%), Cholesterol: 228.74mg (76.25%), Sodium: 681.22mg (29.62%), Alcohol: 4.27g (100%), Alcohol %: 1.65% (100%), Caffeine: 3.9mg (1.3%), Protein: 22.14g (44.28%), Selenium: 59.35µg (84.78%), Vitamin B2: 1.02mg (60.12%), Vitamin B1: 0.75mg (49.99%), Manganese: 0.98mg (48.83%), Folate: 189.59µg (47.4%), Vitamin B3: 8.37mg (41.84%), Phosphorus: 331.86mg (33.19%), Iron: 5.77mg (32.04%), Calcium: 268.91mg (26.89%), Fiber: 6.01g (24.06%), Copper: 0.43mg (21.65%), Magnesium: 66.48mg (16.62%), Vitamin A: 800.84IU (16.02%), Potassium: 544.3mg (15.55%), Zinc: 2.16mg (14.42%), Vitamin B5: 1.36mg (13.63%), Vitamin B6: 0.26mg (13.24%), Vitamin E: 1.9mg (12.69%), Vitamin B12: 0.57µg (9.49%), Vitamin D: 1.28µg (8.56%), Vitamin K: 3.2µg (3.05%)