



Strawberry Bread Pudding with Crème Fraîche Whipped Cream

 Vegetarian

READY IN



405 min.

SERVINGS



12

CALORIES



331 kcal

DESSERT

Ingredients

- 1 pound bread french cut into 1-inch cubes (10 cups)
- 12 servings butter for coating the baking dish
- 0.5 cup crème fraîche sour
- 7 large eggs
- 1 cup cup heavy whipping cream
- 1 tablespoon brown sugar light packed
- 0.5 teaspoon salt fine

- 1 pound strawberries
- 1 teaspoon vanilla extract
- 1 quart milk whole

Equipment

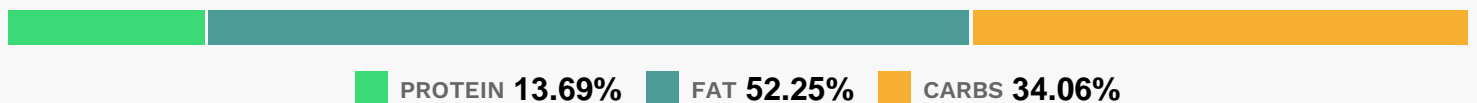
- bowl
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- aluminum foil
- stand mixer

Directions

- Place the eggs in a large bowl and whisk to break them up.
- Add the milk, cream, sugar, vanilla, and salt and whisk until the mixture is evenly combined.
- Add the bread and stir to combine. Cover the bowl with plastic wrap and refrigerate for at least 1 hour and up to 4 hours.
- Heat the oven to 350°F and arrange a rack in the middle.
- Place a large piece of aluminum foil on the rack to catch any juices that may overflow from the dish while baking. Meanwhile, remove the bread mixture from the refrigerator and let it sit at room temperature for at least 30 minutes. Generously coat a 13-by-9-inch baking dish with butter and set it aside. Wash, dry, hull, and cut the strawberries into medium dice.
- Add the strawberries to the bread mixture and fold gently until they're evenly combined.
- Pour the mixture into the prepared baking dish and spread it into an even layer, pressing gently to compact it slightly. Cover the dish tightly with aluminum foil.
- Place the dish on the foil in the oven and bake until the custard around the outer inch is set, about 1 hour.

- Remove the foil covering the dish and continue to bake until the surface of the bread pudding is browned in some spots and the center is just set, about 45 minutes more.
- Remove to a wire rack and let cool for at least 30 minutes before serving. When ready to serve, make the whipped crème fraîche. For the whipped crème fraîche: Chill the bowl of a stand mixer and the whisk attachment in the freezer for 10 minutes.
- Place all of the ingredients in the bowl and whisk on high speed until medium peaks form, about 1 to 2 minutes. (Alternatively, you can use a hand whisk and a large chilled bowl.
- Whisk all of the ingredients until medium peaks form, about 5 to 6 minutes.)
- Serve immediately with the bread pudding.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:17.38, Inflammation Score:-6, Nutrition Score:13.345217404158%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 330.95kcal (16.55%), Fat: 19.4g (29.85%), Saturated Fat: 10.69g (66.78%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 26.86g (9.77%), Sugar: 9.42g (10.46%), Cholesterol: 156.78mg (52.26%), Sodium: 437mg (19%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 11.44g (22.88%), Selenium: 22.43µg (32.04%), Vitamin B2: 0.47mg (27.48%), Vitamin C: 22.43mg (27.19%), Vitamin B1: 0.34mg (22.63%), Phosphorus: 206.21mg (20.62%), Manganese: 0.36mg (17.91%), Folate: 70.8µg (17.7%), Calcium: 163.93mg (16.39%), Vitamin A: 766IU (15.32%), Vitamin B12: 0.75µg (12.43%), Iron: 2.18mg (12.11%), Vitamin D: 1.77µg (11.79%), Vitamin B3: 2.1mg (10.49%), Vitamin

B5: 1mg (10.04%), Potassium: 294.47mg (8.41%), Vitamin B6: 0.17mg (8.37%), Zinc: 1.23mg (8.2%), Magnesium: 32.55mg (8.14%), Fiber: 1.59g (6.35%), Vitamin E: 0.87mg (5.8%), Copper: 0.1mg (5.1%), Vitamin K: 2.55µg (2.43%)