



Sweet and Savory Bread Pudding

 Vegetarian

READY IN



57 min.

SERVINGS



8

CALORIES



765 kcal

DESSERT

Ingredients

- ☐ 1 pound torn into 1-inch pieces
- ☐ 8 servings pepper black freshly ground for seasoning
- ☐ 0.8 cup brandy
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter for greasing the pan
- ☐ 1 pound butternut squash peeled cut into 3/4-inch pieces
- ☐ 2 tablespoons cinnamon
- ☐ 8 eggs beaten

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 cups heavy cream
- ☐ 8 servings kosher salt for seasoning
- ☐ 4 parsnips peeled cut into 3/4-inch pieces
- ☐ 0.3 cup vegetable oil

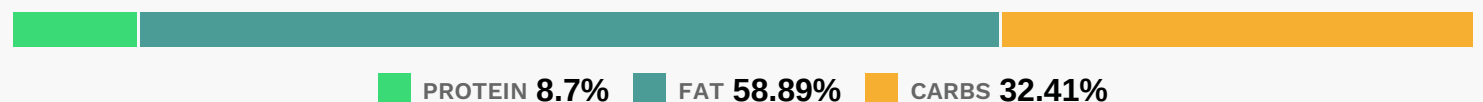
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Set an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Grease a 9 by 13-inch glass baking dish. Set aside.
- ☐ In a large skillet, melt the butter over medium-high heat.
- ☐ Add the butternut squash and parsnips. Season, to taste, with salt and pepper. Cook, stirring occasionally, for 5 minutes until slightly softened. Set aside to cool.
- ☐ Add the bread to a large bowl.
- ☐ In another bowl mix together the heavy cream, eggs, brandy, vegetable oil, brown sugar, cinnamon and thyme.
- ☐ Pour the cream mixture over the bread and toss gently to coat.
- ☐ Add the cooled vegetables and toss until the bread is coated. Spoon the mixture into the prepared pan.
- ☐ Bake for 40 to 45 minutes until the bread pudding is puffed and golden.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:28.04, Inflammation Score:-10, Nutrition Score:29.083043388698%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 764.7kcal (38.23%), Fat: 47.76g (73.47%), Saturated Fat: 25.11g (156.91%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 51.77g (18.82%), Sugar: 14.77g (16.41%), Cholesterol: 272.06mg (90.69%), Sodium: 656mg (28.52%), Alcohol: 7.51g (100%), Alcohol %: 2.61% (100%), Protein: 15.87g (31.75%), Vitamin A: 7712.17IU (154.24%), Manganese: 1.24mg (62.17%), Selenium: 34.24µg (48.91%), Folate: 161.9µg (40.48%), Vitamin B2: 0.67mg (39.31%), Vitamin B1: 0.57mg (37.8%), Vitamin K: 35.01µg (33.34%), Vitamin C: 27.09mg (32.84%), Fiber: 7.39g (29.55%), Phosphorus: 276.44mg (27.64%), Vitamin E: 4.06mg (27.06%), Iron: 4.3mg (23.91%), Potassium: 724.64mg (20.7%), Vitamin B3: 4.1mg (20.49%), Calcium: 196.87mg (19.69%), Magnesium: 74.67mg (18.67%), Vitamin B5: 1.81mg (18.05%), Vitamin B6: 0.33mg (16.62%), Vitamin D: 2.31µg (15.39%), Copper: 0.28mg (14.07%), Zinc: 1.98mg (13.21%), Vitamin B12: 0.54µg (9.01%)