



## Sweet Potato Bread Pudding With Crunchy Cashews

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

### Ingredients

- 8 servings cashew pieces whole
- 8 servings t brown sugar dark packed
- 1 large eggs
- 8 servings granulated sugar
- 8 servings ground allspice
- 8 servings ground cinnamon
- 8 servings ground ginger

- 8 servings nutmeg
- 8 servings cup heavy whipping cream
- 0.3 cranberry-orange relish
- 8 servings sea salt fine
- 8 servings sweet potatoes and into
- 8 servings sugar
- 8 servings vanilla extract pure
- 8 servings irish whiskey
- 8 servings sandwich bread white soft
- 8 servings milk whole

## Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

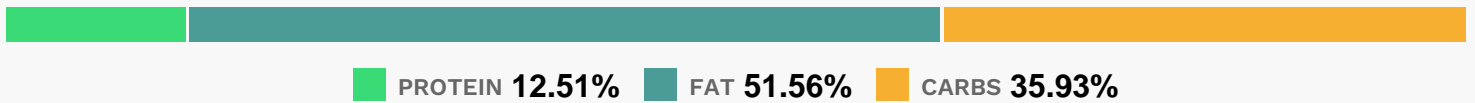
## Directions

- Position a rack in the center of the oven and preheat to 375 degrees F.Wrap the sweet potatoes individually in aluminum foil.
- Place them on a baking sheet and bake until soft when pierced with a fork, 1 to 1 1/2 hours.
- Let cool until just warm.
- Remove the foil, cut the potatoes in half and scoop the flesh from the skins.
- Transfer the cooked sweet potato to a food processor, add 1/2 cup of the milk and process until smooth.In a large bowl, whisk the eggs, granulated sugar, brown sugar, salt, vanilla,

whiskey, orange zest, cinnamon, nutmeg, ginger and allspice together until smooth. Meanwhile, bring the remaining 1/2 cup milk and the cream to a boil in a small saucepan. Slowly pour the hot cream over the egg mixture, whisking constantly.

- Add the sweet potato puree and stir until evenly combined.
- Add the bread and gently stir to combine. Refrigerate the bread pudding base for at least 2 hours and up to overnight. Position a rack in the center of the oven and preheat to 350 degrees F. Lightly coat a 9-inch square baking pan with nonstick cooking spray. Stir the bread pudding base, then pour it into the prepared baking dish.
- Sprinkle the top with the cashews and turbinado sugar and bake until golden brown, slightly puffed, and set, 35 to 40 minutes.
- Serve warm or at room temperature. Check out these dessert recipes on Food Republic: Whole
- Baked Cinnamon-Cardamom Apples Recipe
- Asian Pear Fritters Recipe
- Banana Bread Pudding Cake Recipe

## Nutrition Facts



### Properties

Glycemic Index: 51.7, Glycemic Load: 15.86, Inflammation Score: -7, Nutrition Score: 20.971304323362%

### Flavonoids

Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 473.26kcal (23.66%), Fat: 27.98g (43.04%), Saturated Fat: 11.13g (69.57%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 40.73g (14.81%), Sugar: 32.1g (35.67%), Cholesterol: 69.48mg (23.16%), Sodium: 311.55mg (13.55%), Alcohol: 0.7g (100%), Alcohol %: 0.27% (100%), Protein: 15.27g (30.55%), Manganese: 1.63mg (81.34%), Phosphorus: 457.88mg (45.79%), Calcium: 365.07mg (36.51%), Copper: 0.72mg (35.9%), Magnesium: 130.6mg (32.65%), Vitamin B2: 0.42mg (24.99%), Vitamin B12: 1.4µg (23.29%), Selenium: 14.59µg (20.84%), Vitamin D: 3.05µg (20.33%), Zinc: 3.03mg (20.22%), Vitamin B1: 0.29mg (19.2%), Potassium: 658.66mg (18.82%), Vitamin A:

814.56IU (16.29%), Iron: 2.91mg (16.15%), Vitamin B6: 0.32mg (15.91%), Vitamin B5: 1.35mg (13.49%), Fiber: 3.12g (12.47%), Vitamin K: 12.12µg (11.54%), Vitamin B3: 0.94mg (4.68%), Vitamin E: 0.65mg (4.36%), Folate: 15.79µg (3.95%), Vitamin C: 2.98mg (3.62%)