



## Sweet Potato "Bread" Pudding with Orange Sauce

 Gluten Free

READY IN



240 min.

SERVINGS



18

CALORIES



334 kcal

DESSERT

### Ingredients

- ☐ 1.3 cups milk
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup raisins
- ☐ 2.5 cups milk
- ☐ 1.3 cups sweet potatoes and into mashed
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup butter melted

- ☐ 1 tablespoon vanilla
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 4 eggs
- ☐ 2 cups powdered sugar
- ☐ 1 cup butter softened
- ☐ 0.5 cup orange juice
- ☐ 2 teaspoons cornstarch
- ☐ 4 egg yolk beaten
- ☐ 4.5 cups frangelico
- ☐ 2.5 cups frangelico

## Equipment

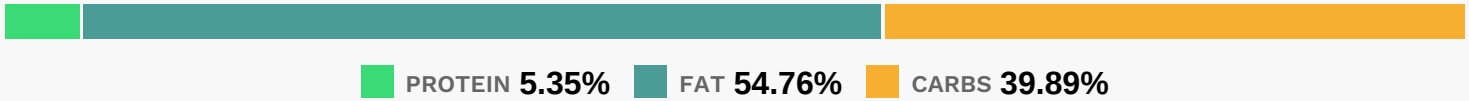
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 450°F. In large bowl, stir Bisquick mix and 1 1/3 cups milk until soft dough forms. Drop dough by spoonfuls onto ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden. Break up biscuits.
- ☐ Butter bottom and sides of rectangular pan, 13x9x2 inches.
- ☐ Spread biscuit pieces in pan.

- ☐
- Sprinkle with pecans and raisins. In large bowl, beat all remaining Pudding ingredients with electric mixer on low speed until blended.
- ☐
- Pour over biscuits in pan. Cover and refrigerate at least 2 hours but no longer than 8 hours.
- ☐
- Heat oven to 350°F. Stir mixture in pan.
- ☐
- Bake about 1 hour or until top is golden and toothpick inserted in center comes out clean.
- ☐
- Meanwhile, in 2-quart saucepan, heat all Orange Sauce ingredients over low heat 5 to 10 minutes, stirring constantly with wire whisk, until slightly thickened and temperature reaches 165°F for 15 seconds.
- ☐
- Serve warm over pudding. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.22, Glycemic Load:11.7, Inflammation Score:-8, Nutrition Score:7.6904347435288%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg 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: 334.19kcal (16.71%), Fat: 20.8g (32%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 32.91g (11.97%), Sugar: 28g (31.11%), Cholesterol: 85.81mg (28.6%), Sodium: 190.96mg (8.3%), Alcohol: 0.25g (100%), Alcohol %: 0.24% (100%), Protein: 4.57g (9.14%), Vitamin A: 2086.25IU (41.73%), Manganese: 0.33mg (16.46%), Phosphorus: 116.6mg (11.66%), Vitamin B2: 0.17mg (10.1%), Selenium: 6.7µg (9.57%), Calcium: 89.16mg (8.92%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.1mg (6.65%), Vitamin D: 0.98µg (6.55%), Vitamin B5: 0.62mg (6.18%), Potassium: 207.38mg (5.93%), Copper: 0.12mg (5.78%), Vitamin E: 0.83mg (5.56%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.75mg (5%), Magnesium: 19.91mg (4.98%), Vitamin C: 3.99mg (4.83%), Fiber: 1.19g (4.76%), Folate: 15.17µg (3.79%), Iron: 0.63mg (3.5%), Vitamin B3: 0.27mg (1.33%)