



The Best Bread Pudding

 Vegetarian

READY IN



1510 min.

SERVINGS



10

CALORIES



605 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter melted 1 stick
- ☐ 1 eggs beaten
- ☐ 5 large eggs beaten
- ☐ 1 cup granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 3 cups bread italian cubed stale

- ☐ 0.5 cup brown sugar light packed
- ☐ 2 cups milk
- ☐ 1 cup pecans chopped
- ☐ 2 teaspoons vanilla extract pure

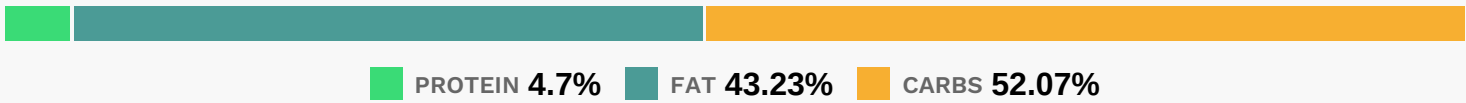
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F. Grease a 13 by 9 by 2-inch pan.
- ☐ Mix together granulated sugar, eggs, and milk in a bowl; add vanilla.
- ☐ Pour over cubed bread and let sit for 10 minutes.
- ☐ In another bowl, mix and crumble together brown sugar, butter, and pecans.
- ☐ Pour bread mixture into prepared pan.
- ☐ Sprinkle brown sugar mixture over the top and bake for 35 to 45 minutes, or until set.
- ☐ Remove from oven.
- ☐ Mix together the granulated sugar, butter, egg, and vanilla in a saucepan over medium heat. Stir together until the sugar is melted.
- ☐ Add the brandy, stirring well.
- ☐ Pour over bread pudding.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:30.32, Glycemic Load:42.8, Inflammation Score:-4, Nutrition Score:8.1160870388798%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 604.55kcal (30.23%), Fat: 29.17g (44.88%), Saturated Fat: 12.87g (80.41%), Carbohydrates: 79.05g (26.35%), Net Carbohydrates: 77.71g (28.26%), Sugar: 76.15g (84.61%), Cholesterol: 151.83mg (50.61%), Sodium: 204.74mg (8.9%), Alcohol: 2.28g (100%), Alcohol %: 1.5% (100%), Protein: 7.14g (14.29%), Manganese: 0.51mg (25.65%), Selenium: 11.03µg (15.76%), Phosphorus: 145.62mg (14.56%), Vitamin B2: 0.24mg (14.21%), Vitamin A: 669.37IU (13.39%), Calcium: 98.02mg (9.8%), Vitamin B12: 0.55µg (9.24%), Vitamin B1: 0.12mg (8.27%), Copper: 0.16mg (8.18%), Vitamin B5: 0.76mg (7.6%), Vitamin D: 1.12µg (7.5%), Zinc: 1.12mg (7.45%), Magnesium: 25.43mg (6.36%), Iron: 1.08mg (6.01%), Vitamin E: 0.88mg (5.87%), Potassium: 197.91mg (5.65%), Folate: 22.13µg (5.53%), Vitamin B6: 0.11mg (5.4%), Fiber: 1.34g (5.36%), Vitamin B3: 0.6mg (3.01%), Vitamin K: 1.81µg (1.72%)