



Thomas Jefferson's Favorite Bread Pudding

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



628 kcal

DESSERT

Ingredients

- ☐ 0.5 pint brandy
- ☐ 1.5 pounds bread cubed stale
- ☐ 0.5 pound butter
- ☐ 8 eggs
- ☐ 4 cups scalded milk
- ☐ 0.8 tablespoons nutmeg
- ☐ 3 cups sugar
- ☐ 2 tablespoons vanilla extract

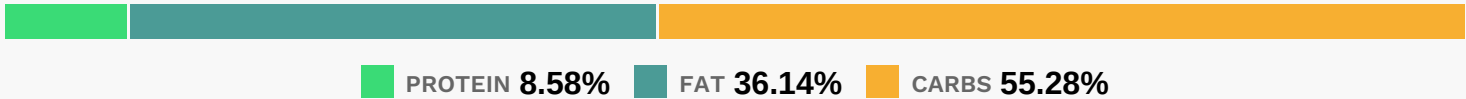
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ skewers

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut up bread while milk and butter are heating in a pot.
- ☐ Combine liquids, eggs, sugar, and spice.
- ☐ Add bread last by submerging it using your hands so that it gets thoroughly soaked.
- ☐ Transfer into a buttered 9 by 13-inch pan, pouring gently so that bread doesn't break up too much.
- ☐ Bake until an inserted skewer or knife comes out clean, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:50.91, Inflammation Score:-6, Nutrition Score:13.726521674706%

Nutrients (% of daily need)

Calories: 628.19kcal (31.41%), Fat: 23.61g (36.32%), Saturated Fat: 12.65g (79.09%), Carbohydrates: 81.24g (27.08%), Net Carbohydrates: 78.88g (28.68%), Sugar: 57.58g (63.98%), Cholesterol: 159.51mg (53.17%), Sodium: 463.23mg (20.14%), Alcohol: 7.33g (100%), Alcohol %: 3.59% (100%), Protein: 12.62g (25.24%), Selenium: 27.38µg (39.11%), Manganese: 0.71mg (35.53%), Vitamin B2: 0.41mg (24.01%), Phosphorus: 219.75mg (21.98%), Vitamin B1: 0.29mg (19.61%), Calcium: 193.42mg (19.34%), Vitamin B3: 3.3mg (16.51%), Folate: 62.88µg (15.72%), Vitamin A: 764.04IU (15.28%), Iron: 2.61mg (14.48%), Vitamin B5: 1.24mg (12.4%), Vitamin B12: 0.73µg (12.21%), Vitamin D: 1.48µg (9.88%), Magnesium: 37.97mg (9.49%), Fiber: 2.36g (9.44%), Zinc: 1.34mg (8.95%), Vitamin B6: 0.16mg (8.22%), Potassium: 253.09mg (7.23%), Copper: 0.12mg (5.98%), Vitamin E: 0.89mg (5.97%), Vitamin K: 4.43µg (4.22%)