



Vanilla Brioche Bread Pudding with Peach Suzette Sauce

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



1442 kcal

DESSERT

Ingredients

- 4 cups day-old brioche cut into 1-inch cubes
- 1 tablespoon cornstarch
- 6 servings crème fraîche
- 2 tablespoons rum dark
- 4 large eggs
- 6 servings mint leaves fresh
- 0.3 cup golden raisins

- 1 teaspoon ground cinnamon
- 3 tablespoons heavy cream
- 0.3 cup orange liqueur
- 3 tablespoons orange liqueur
- 0.3 cup peaches fresh thinly sliced
- 2 tablespoons pecans chopped
- 2 tablespoons sugar
- 2 cups condensed milk sweetened
- 1 stick butter unsalted cut into pieces
- 4 tablespoons butter unsalted melted plus more for greasing pan
- 1 teaspoon vanilla extract

Equipment

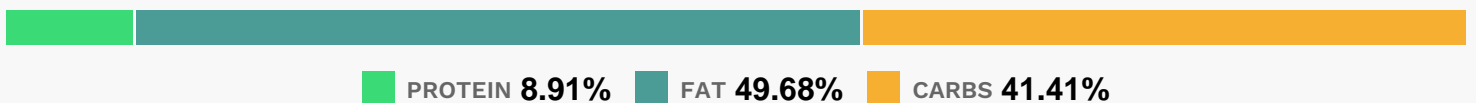
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan

Directions

- Watch how to make this recipe.
- For the bread pudding: Preheat the oven to 350 degrees F. Grease a baking dish with butter.
- Add the cubed bread.
- In a small saucepan, melt 4 tablespoons butter.
- In a large bowl, combine the melted butter, raisins, condensed milk, sugar, and vanilla and whisk together.
- Add the eggs and whisk again until thoroughly combined.

- Pour the custard over the bread and allow to soak for a few minutes. Press the bread into the liquid to help absorb.
- Sprinkle the top with the cinnamon and chopped pecans and bake in the oven until the custard is set, about 30 minutes. Stick a paring knife into the center of the pudding. If it comes out with liquid stuck to the knife, cook for a few minutes more until firm.
- Remove the bread pudding from the oven and allow to cool a bit.
- For the peach sauce: In a large saucepan over medium-low heat, melt the butter.
- Add the peaches, sugar, and liqueur and stir gently until the sugar dissolves. Allow to simmer until the mixture begins to thicken and darken, about 2 minutes. Stir while cooking to avoid burning.
- Add the heavy cream and stir to combine. Allow to heat through and thicken, about 2 minutes. If the sauce needs additional thickening, combine the cornstarch and water in a small bowl and stir some into the sauce.
- Remove from the heat and keep warm.
- Heat a small, nonstick skillet over medium-high heat and add the sugar. Stir and cook until the sugar is melted.
- Remove from the heat and add the orange liqueur and dark rum. Return to the heat and simmer for 1 minute, and then flambe, if desired, or just let the alcohol burn off.
- To plate: Using a ring cutter, cut out rounds of bread pudding and plate in a shallow bowl.
- Pour the peach sauce over top, and then the rum sauce.
- Garnish with a dollop of creme fraiche and a small sprig fresh mint.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:40.33, Inflammation Score:-8, Nutrition Score:16.113478163014%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg

Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg,
Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg
Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg,
Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg
Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.24mg,
Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 1441.86kcal (72.09%), Fat: 78.58g (120.89%), Saturated Fat: 44.64g (278.98%), Carbohydrates: 147.4g
(49.13%), Net Carbohydrates: 146.39g (53.23%), Sugar: 71.36g (79.29%), Cholesterol: 504.5mg (168.17%), Sodium:
910.32mg (39.58%), Alcohol: 6.41g (100%), Alcohol %: 2.09% (100%), Caffeine: 4.51mg (1.5%), Protein: 31.7g
(63.41%), Vitamin A: 2759.19IU (55.18%), Calcium: 435.18mg (43.52%), Selenium: 26.72µg (38.17%), Vitamin B2:
0.65mg (38.16%), Phosphorus: 366.6mg (36.66%), Potassium: 548.43mg (15.67%), Iron: 2.73mg (15.15%), Vitamin
B5: 1.42mg (14.21%), Vitamin B12: 0.83µg (13.84%), Manganese: 0.27mg (13.65%), Zinc: 1.69mg (11.26%), Magnesium:
41.81mg (10.45%), Vitamin D: 1.41µg (9.42%), Vitamin E: 1.39mg (9.28%), Vitamin B1: 0.14mg (9.11%), Folate: 31.27µg
(7.82%), Vitamin B6: 0.15mg (7.69%), Copper: 0.13mg (6.74%), Vitamin C: 3.69mg (4.48%), Fiber: 1.01g (4.03%),
Vitamin K: 3.8µg (3.62%), Vitamin B3: 0.5mg (2.5%)