



Vegan Pumpkin Bread Pudding

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 1 Tablespoons cornstarch
- ☐ 0.5 Pound top gluten-free (wheat-based or)
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 Tablespoons rum dark
- ☐ 0.8 Teaspoon ground cinnamon
- ☐ 0.5 Teaspoon ground ginger
- ☐ 0.3 Teaspoon ground nutmeg

- ☐ 1 cup soymilk [or milk alternative] plain
- ☐ 1 cup pumpkin puree

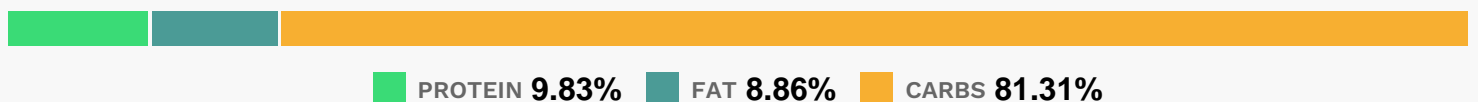
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat your oven to 350 degrees and lightly grease a 9 x 13 inch baking dish. First, slice your bread into 1 inch cubes, and set aside.
- ☐ Whisk together the pumpkin puree, cornstarch, sugar, spices, and salt in a large bowl. Once smooth and thoroughly combined, slowly drizzle in the soymilk and rum, and stir until the mixture is homogeneous. Toss in the bread cubes and crystallized ginger, and use a wide spatula to gently coat the bread with the pumpkin.
- ☐ Pour the lumpy mixture into your prepared pan, and smooth the pieces down into an even layer.
- ☐ Let stand for 10 minutes at room temperature for the liquids to soak in a bit, and then bake for 45 – 50 minutes. The edges should appear set, but the interior will remain quite soft and moist. Good bread pudding should be very moist, so be careful not to over bake it!
- ☐ Let cool for about 15 minutes before serving. You can either take the time to make nice, neat slices like I did, or just grab a large spoon and scoop it out onto plates. It will taste good no matter what, so it doesn't matter if it's bit a ugly!
- ☐ Serve warm with caramel, whipped creme, or maybe even fudge sauce.

Nutrition Facts



Properties

Glycemic Index:26.06, Glycemic Load:11.9, Inflammation Score:-10, Nutrition Score:10.257391312848%

Nutrients (% of daily need)

Calories: 181.48kcal (9.07%), Fat: 1.78g (2.74%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 35.08g (12.76%), Sugar: 20.47g (22.74%), Cholesterol: 3.66mg (1.22%), Sodium: 188.47mg (8.19%), Alcohol: 0.63g (100%), Alcohol %: 0.72% (100%), Protein: 4.44g (8.88%), Vitamin A: 4816.23IU (96.32%), Vitamin B1: 0.23mg (15.08%), Manganese: 0.28mg (14.06%), Selenium: 9.08µg (12.97%), Vitamin B2: 0.18mg (10.59%), Folate: 38.76µg (9.69%), Iron: 1.68mg (9.33%), Vitamin B3: 1.54mg (7.71%), Calcium: 73.79mg (7.38%), Phosphorus: 72.51mg (7.25%), Fiber: 1.65g (6.6%), Magnesium: 21.54mg (5.38%), Vitamin K: 5.25µg (5%), Potassium: 163.04mg (4.66%), Copper: 0.09mg (4.27%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.49mg (3.24%), Vitamin B12: 0.16µg (2.74%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.34µg (2.24%), Vitamin C: 1.3mg (1.57%)