

# Bread pudding with Whiskey Sauce II

Mrs. James Marks - New Orleans, LA

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## PUDDING

2 cups stale bread cubes (French is best)

4 cups milk, scalded

3/4 cup sugar

1 tablespoon butter

1/4 teaspoon salt

4 eggs, slightly beaten

1 teaspoon vanilla

1/2 to 1 cup coarsely chopped pecans (optional)

## WHISKEY SAUCE

1/2 cup sugar

1/4 cup water

2 tablespoons butter

1 or 2 jiggers bourbon whiskey

Preheat the oven to 350 degrees.

In a bowl, soak the bread in milk for 5 minutes. Add the sugar, butter, salt, eggs and vanilla. Mix well. Stir in the pecans.

Pour the mixture into a 1-1/2 quart baking dish.

Bake in the oven in a pan of hot water for one hour.

In a saucepan, cook the sugar, water and butter until dissolved. Remove from the heat.

Add the whiskey. Stir.

Pour the warm sauce over the bread pudding before serving.

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Per Serving (excluding unknown items): 2181 Calories; 87g Fat (35.5% calories from fat); 58g Protein; 298g Carbohydrate; 0g Dietary Fiber; 1074mg Cholesterol; 1647mg Sodium. Exchanges: 3 Lean Meat; 4 Non-Fat Milk; 14 1/2 Fat; 17 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	2181	Vitamin B6 (mg):	.7mg
% Calories from Fat:	35.5%	Vitamin B12 (mcg):	6.1mcg
% Calories from Carbohydrates:	54.1%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	2.6mg
Total Fat (g):	87g	Folacin (mcg):	146mcg
Saturated Fat (g):	48g	Niacin (mg):	1mg

**Monounsaturated Fat (g):** 27g  
**Polyunsaturated Fat (g):** 5g  
**Cholesterol (mg):** 1074mg  
**Carbohydrate (g):** 298g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 58g  
**Sodium (mg):** 1647mg  
**Potassium (mg):** 1763mg  
**Calcium (mg):** 1287mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 3506IU  
**Vitamin A (r.e.):** 973RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 13  
**% Refuse:** 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 4  
**Fat:** 14 1/2  
**Other Carbohydrates:** 17

## Nutrition Facts

### Amount Per Serving

**Calories** 2181      **Calories from Fat:** 774

### % Daily Values\*

<b>Total Fat</b>	87g	134%
Saturated Fat	48g	240%
<b>Cholesterol</b>	1074mg	358%
<b>Sodium</b>	1647mg	69%
<b>Total Carbohydrates</b>	298g	99%
Dietary Fiber	0g	0%
<b>Protein</b>	58g	
<b>Vitamin A</b>		70%
<b>Vitamin C</b>		15%
<b>Calcium</b>		129%
<b>Iron</b>		24%

\* Percent Daily Values are based on a 2000 calorie diet.