

# Cranberry-Pecan Bread Pudding with Cranberry Whipped Cream

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## Servings: 8

2 cups fresh or frozen cranberries  
3/4 cup sugar  
3 large eggs  
3 cups whole milk  
2/3 cup sugar  
1 cup chopped pecans, toasted  
1 teaspoon cinnamon  
1 teaspoon vanilla  
1/4 teaspoon Kosher salt  
10 cups (10 ounces) crusty bread, cubed  
unsalted butter  
1/4 cup (1-1/2 ounce) cream cheese, room temperature  
1 cup heavy cream, chilled

## Preparation Time: 20 minutes

Cook the cranberries, 3/4 cup of sugar, and 1/4 cup of water in a small saucepan over medium heat until the cranberry skins burst, about 8 minutes. Set aside 1/2 cup of the cooked cranberries and two tablespoons of the cranberry cooking liquid for the whipped cream topping. Cover and refrigerate.

Meanwhile, whisk the eggs in a large bowl. Whisk in the milk, 2/3 cup of sugar, pecans, remaining cranberries and cooking liquid, cinnamon, vanilla and salt. Stir in the bread and let soak for a few minutes.

Butter the bottom and sides of a five- or six-quart slow cooker. Add the bread mixture, pressing to flatten. Cover and cook on HIGH until a toothpick comes out clean, about 1-1/2 to 2 hours.

Make the topping: Using an electric mixer, beat the cream cheese with the reserved cranberries and cooking liquid in a large bowl on high speed until the cream cheese is smooth. Add the heavy cream. Beat until stiff peaks form.

Serve the pudding warm with the cranberry whipped cream.

Start to Finish Time: 2 hours

*To toast the nuts, place in a dry skillet over medium heat, tossing frequently, until slightly browned, 5 to 8 minutes.*

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Per Serving (excluding unknown items): 450 Calories; 29g Fat (55.5% calories from fat); 8g Protein; 44g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 5 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	450
% Calories from Fat:	55.5%
% Calories from Carbohydrates:	37.8%
% Calories from Protein:	6.6%
Total Fat (g):	29g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	141mg
Carbohydrate (g):	44g
Dietary Fiber (g):	1g
Protein (g):	8g
Sodium (mg):	163mg
Potassium (mg):	255mg
Calcium (mg):	153mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	767IU
Vitamin A (r.e.):	219 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	22mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5 1/2
Other Carbohydrates:	2 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 450 Calories from Fat: 250

		% Daily Values*
<b>Total Fat</b>	29g	44%
Saturated Fat	12g	59%
<b>Cholesterol</b>	141mg	47%
<b>Sodium</b>	163mg	7%
<b>Total Carbohydrates</b>	44g	15%
Dietary Fiber	1g	5%
<b>Protein</b>	8g	
<b>Vitamin A</b>		15%
<b>Vitamin C</b>		2%
<b>Calcium</b>		15%
<b>Iron</b>		5%

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