

Pumpkin Bread Pudding with Gingered Creme Anglaise

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4 cups white bread, cut into cubes
4 eggs
3 egg yolks
1 1/2 cups milk
1 1/2 cups heavy cream
3/4 cup canned pumpkin puree
1 cup Domino granulated sugar
1/4 teaspoon salt
1 tablespoon rum or brandy
1/4 teaspoon nutmeg
1 teaspoon cinnamon
1/4 teaspoon cloves, ground
2 tablespoons butter, cold and cut into pieces

Preheat the oven to 350 degrees.

Grease a 13x9x2-inch baking pan.

Dry the bread cubes on a cookie sheet in the oven for 10 to 15 minutes. Place the bread cubes in the pan.

In a large mixing bowl, whisk together all of the pudding ingredients except the butter. Pour the mixture over the bread cubes. Let sit for 10 minutes until the bread is fully soaked. Dab butter over the top.

Bake 40 to 50 minutes. (The pudding should be set in the center, but not dry.)

If desired, pudding may be served with Gingered Creme Anglaise (see recipe under Sauces/Cooking).

Per Serving (excluding unknown items): 4671 Calories; 237g Fat (45.8% calories from fat); 130g Protein; 500g Carbohydrate; 23g Dietary Fiber; 2097mg Cholesterol; 6475mg Sodium. Exchanges: 30 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Non-Fat Milk; 44 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4671	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	45.8%	Vitamin B12 (mcg):	6.1mcg
% Calories from Carbohydrates:	43.0%	Thiamin B1 (mg):	4.6mg

% Calories from Protein:	11.2%
Total Fat (g):	237g
Saturated Fat (g):	123g
Monounsaturated Fat (g):	77g
Polyunsaturated Fat (g):	18g
Cholesterol (mg):	2097mg
Carbohydrate (g):	500g
Dietary Fiber (g):	23g
Protein (g):	130g
Sodium (mg):	6475mg
Potassium (mg):	2291mg
Calcium (mg):	1905mg
Iron (mg):	35mg
Zinc (mg):	12mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	8530IU
Vitamin A (r.e.):	2428 1/2RE

Riboflavin B2 (mg):	5.3mg
Folacin (mcg):	524mcg
Niacin (mg):	38mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	30 1/2
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2 1/2
Fat:	44 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	4671	Calories from Fat: 2140
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% Daily Values*

Total Fat	237g	365%
Saturated Fat	123g	614%
Cholesterol	2097mg	699%
Sodium	6475mg	270%
Total Carbohydrates	500g	167%
Dietary Fiber	23g	92%
Protein	130g	
Vitamin A		171%
Vitamin C		11%
Calcium		190%
Iron		195%

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