

Browned Butter Bread Pudding

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 8

*nonstick cooking spray
8 cups one-inch cubes of dry, sweet egg
bread (such as challah or Hawaiian)
1 cup chopped, pitted dates
3/4 cup butter
6 eggs, lightly beaten
3 cups milk
1/3 cup sugar
1 tablespoon vanilla
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
2 tablespoons coarsely chopped
hazelnuts (filberts), toasted
2 cups powdered sugar
1/4 teaspoon vanilla
3 to 4 tablespoons milk*

Preheat the oven to 350 degrees.

Coat a two-quart rectangular baking dish with cooking spray. Set aside.

In a large bowl, combine the bread cubes and dates. Set aside.

In a small skillet, heat and stir the butter until browned. Remove from the heat. Place 1/4 cup of the melted butter in another large bowl (set the remaining butter aside for sauce). Beat in the eggs, milk, sugar, one tablespoon of vanilla, nutmeg and cinnamon until combined. Pour the egg mixture over the bread mixture. Toss to coat.

Turn the bread mixture into the prepared baking dish. Place the baking dish on a baking sheet. Bake, uncovered, for 40 to 45 minutes or until a knife inserted near the center comes out clean.

Remove the baking dish from the oven; cool slightly. Sprinkle with the nuts.

For the browned butter sauce: In a small bowl, stir together the 1/2 cup of reserved browned butter, powdered sugar and the 1/4 teaspoon of vanilla. Whisk in enough milk to make drizzling consistency. Serve the sauce with warm bread pudding.

To make dry bread cubes, spread the cubes out on a large baking sheet. Let them stand, uncovered, on a kitchen counter overnight, stirring the bread cubes occasionally.

To toast the hazelnuts, preheat the oven to 350 degrees. Spread the nuts in a single layer in a shallow baking pan. Bake for 5 to 10 minutes or until the nuts are slightly golden, stirring once or twice; cool.

Per Serving (excluding unknown items): 472 Calories; 27g Fat (51.4% calories from fat); 11g Protein; 47g Carbohydrate; trace Dietary Fiber; 230mg Cholesterol; 318mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	472
% Calories from Fat:	51.4%
% Calories from Carbohydrates:	39.4%
% Calories from Protein:	9.2%
Total Fat (g):	27g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	230mg
Carbohydrate (g):	47g
Dietary Fiber (g):	trace
Protein (g):	11g
Sodium (mg):	318mg
Potassium (mg):	334mg
Calcium (mg):	244mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1064IU
Vitamin A (r.e.):	283RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	28mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	472	Calories from Fat: 243
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% Daily Values*

Total Fat	27g	42%
Saturated Fat	16g	79%
Cholesterol	230mg	77%
Sodium	318mg	13%
Total Carbohydrates	47g	16%
Dietary Fiber	trace	0%
Protein	11g	
Vitamin A		21%
Vitamin C		3%
Calcium		24%
Iron		5%

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