

Cranberry-Pecan Bread Pudding with Cranberry Whipped Cream II

Dash

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Servings: 8

*2 cups fresh or frozen cranberries
3/4 cup sugar
1/3 cup water
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

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

Meanwhile, in a large bowl, whisk the eggs. Whisk in the milk, 2/3 cup 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.

Cook on HIGH until a toothpick comes out clean, about one and one-half to two hours.

Make the topping: In a large bowl, beat the cream cheese with the reserved cranberries and cooking liquid using an electric mixer 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

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.

Per Serving Nutritional Analysis

Calories (kcal):	450	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.5%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	37.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	29g	Folacin (mcg):	22mcg
Saturated Fat (g):	12g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	2
Cholesterol (mg):	141mg	% Deficient:	0.0%
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		

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

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