



Apple -Chocolate Bread Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

DESSERT

Ingredients

- ☐ 4 apples diced peeled
- ☐ 2 tablespoons butter
- ☐ 0.8 cup chocolate chips
- ☐ 14 oz condensed milk canned
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 cups milk
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

☐ 5 eggs whole beaten

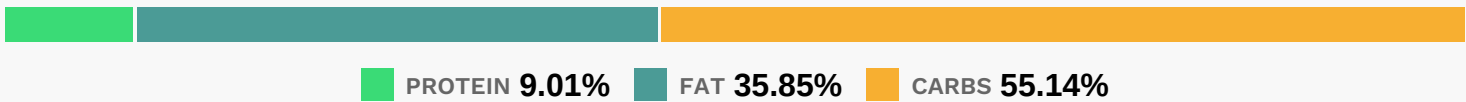
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 375° F.In a large mixing bowl, whisk together the milk, condensed milk, vanilla, sugar and the beaten eggs and mix well.
- ☐ Place a medium sauce pan over medium heat and add the butter, apples and cinnamon. Stir and cook for about 7 minutes.
- ☐ Add bread to milk mixture.
- ☐ Let it stand for about 20 minutes or until bread absorbs most of the mixture.
- ☐ Add the apples and chocolate chips to the mixture and stir well.Carefully pour an equal amount of the pudding mixture into the ramekins in the roasting pan. Then add hot water to the roasting pan, not to the ramekins, until the water comes half way up the sides of the ramekins.
- ☐ Place the roasting pan in the oven and bake for 45 minutes.
- ☐ Serve warm.I want to thank Jhonny at "Food..thought for!" for the: Friendship award.I really appreciate it.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:30.26, Inflammation Score:-5, Nutrition Score:12.689999880998%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 527.95kcal (26.4%), Fat: 21.63g (33.28%), Saturated Fat: 12.37g (77.3%), Carbohydrates: 74.85g (24.95%), Net Carbohydrates: 71.59g (26.03%), Sugar: 68.56g (76.18%), Cholesterol: 176.24mg (58.75%), Sodium: 190.6mg (8.29%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 12.23g (24.47%), Vitamin B2: 0.56mg (33.01%), Selenium: 22.3µg (31.85%), Phosphorus: 316.47mg (31.65%), Calcium: 314.64mg (31.46%), Potassium: 585.94mg (16.74%), Vitamin B12: 0.95µg (15.91%), Vitamin B5: 1.37mg (13.67%), Vitamin A: 657.54IU (13.15%), Fiber: 3.27g (13.06%), Vitamin D: 1.54µg (10.24%), Zinc: 1.41mg (9.4%), Vitamin B6: 0.18mg (9.21%), Vitamin C: 7.33mg (8.88%), Magnesium: 35.5mg (8.87%), Manganese: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.63%), Folate: 28.33µg (7.08%), Vitamin E: 0.86mg (5.76%), Iron: 0.97mg (5.4%), Vitamin K: 3.89µg (3.71%), Copper: 0.07mg (3.62%), Vitamin B3: 0.35mg (1.76%)