



Cherry Chocolate Almond Croissant Bread Pudding

READY IN



95 min.

SERVINGS



8

CALORIES



622 kcal

Ingredients

- 1.5 teaspoons almond extract
- 1 cup almonds sliced
- 1 tablespoon butter softened
- 21 ounce premium cherry pie filling canned
- 6 medium croissants halved
- 3 eggs lightly beaten
- 1.5 cups half-and-half light
- 1 cup semisweet chocolate pieces

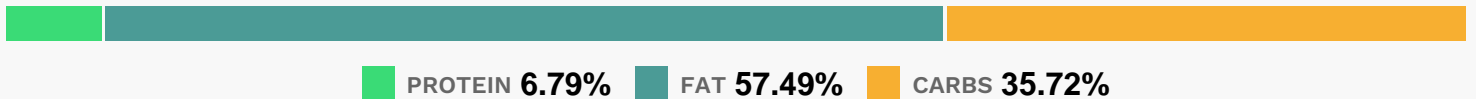
Equipment

- oven
- wire rack

Directions

- Preheat oven to 350 degrees F.
- Spread butter on bottom and sides of a 9- to 10-inch deep-dish pie plate. In a shallow container combine eggs, half-and-half, and almond extract; add croissants.
- Let soak 3 minutes, turning once.
- Place bottom halves of croissants, cut-side-up, in the prepared dish.
- Sprinkle with 1/2 of the chocolate. Spoon on 1/2 cup LUCKY LEAF Cherry Pie Filling and 1/2 cup of the nuts.
- Add croissant tops, cut-sides down, remaining chocolate, another 1/2 cup pie filling and the remaining nuts.
- Pour on any remaining egg mixture.
- Bake, uncovered, for 40 to 45 minutes or until center is set. Cool on wire rack about 30 minutes.
- Heat remaining LUCKY LEAF Cherry Pie Filling and pass with bread pudding.
- Serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:12.48, Inflammation Score:-7, Nutrition Score:14.850434852683%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin:

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 621.54kcal (31.08%), Fat: 39.99g (61.52%), Saturated Fat: 20.35g (127.21%), Carbohydrates: 55.91g (18.64%), Net Carbohydrates: 51.16g (18.6%), Sugar: 13.57g (15.08%), Cholesterol: 144.84mg (48.28%), Sodium: 229.84mg (9.99%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Caffeine: 18.81mg (6.27%), Protein: 10.62g (21.25%), Manganese: 0.72mg (36.14%), Vitamin E: 4.04mg (26.94%), Selenium: 17.62µg (25.17%), Copper: 0.5mg (25.04%), Vitamin B2: 0.39mg (22.91%), Phosphorus: 228.71mg (22.87%), Magnesium: 86.84mg (21.71%), Vitamin A: 1068.45IU (21.37%), Fiber: 4.75g (18.98%), Iron: 3.16mg (17.55%), Vitamin B1: 0.23mg (15.5%), Folate: 55.26µg (13.81%), Potassium: 404.68mg (11.56%), Calcium: 109.16mg (10.92%), Zinc: 1.62mg (10.82%), Vitamin B5: 0.91mg (9.06%), Vitamin B3: 1.68mg (8.38%), Vitamin B6: 0.12mg (5.82%), Vitamin B12: 0.35µg (5.79%), Vitamin D: 0.6µg (3.99%), Vitamin C: 3.03mg (3.68%), Vitamin K: 3.73µg (3.55%)