



Chocolate and Caramel Bread Pudding

 Vegetarian

READY IN



46 min.

SERVINGS



6

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 0.3 cup caramel sundae syrup fat-free (such as Smucker's)
- ☐ 3.4 ounce chocolate-covered caramel candies chopped (such as Rolo)
- ☐ 1.4 ounce chocolate cook-and-serve pudding mix sugar-free
- ☐ 7 cups bread italian cubed ()
- ☐ 2.5 cups milk 1% low-fat

Equipment

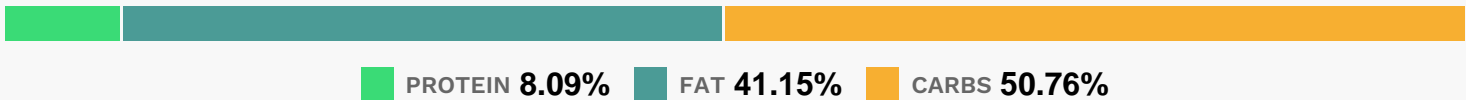
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Preheat oven to 35
- ☐ Combine milk and pudding mix in a medium bowl, stirring well with a whisk. Stir in bread until coated.
- ☐ Pour bread mixture into an 8-inch square pan coated with cooking spray; sprinkle with chopped candy.
- ☐ Bake at 350 for 38 minutes. Spoon pudding evenly into each of 6 individual serving bowls; top each serving with ice cream, if desired, and drizzle evenly with syrup.
- ☐ Shortcut kitchen tip
- ☐ To quickly chop the chocolate-covered caramel candies, place the candies close to each other on a cutting board. Then use a sharp, heavy chef's knife, and rock the knife back and forth, pressing the thickest part of the blade down on the candies.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.4769565197437%

Nutrients (% of daily need)

Calories: 346.05kcal (17.3%), Fat: 15.95g (24.54%), Saturated Fat: 9.21g (57.59%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 42.74g (15.54%), Sugar: 35.09g (38.99%), Cholesterol: 6.84mg (2.28%), Sodium: 316.38mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Calcium: 152.6mg (15.26%), Phosphorus: 133.21mg (13.32%), Vitamin B2: 0.19mg (11.18%), Vitamin B12: 0.67µg (11.16%), Vitamin B3: 1.6mg (8.02%), Potassium: 279.26mg (7.98%), Vitamin D: 1.08µg (7.21%), Vitamin B1: 0.11mg (7.04%), Fiber: 1.53g (6.1%), Folate: 22.93µg (5.73%), Magnesium: 20.8mg (5.2%), Iron: 0.84mg (4.66%), Vitamin A: 220.65IU (4.41%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.53mg (3.53%), Selenium: 2.35µg (3.36%), Vitamin B6: 0.06mg (2.99%), Manganese: 0.03mg (1.6%),

Vitamin E: 0.21mg (1.37%), Copper: 0.02mg (1.22%)