

Chocolate Bread Pudding

READY IN



1500 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

Ingredients

- 12 inch crusty baguette halved cut into 1/3-inch slices, then slices crosswise (4 cups)
- 10 oz bittersweet chocolate unsweetened chopped (not)
- 6 large eggs
- 3 cups half and half
- 0.1 teaspoon salt
- 0.5 cup sugar
- 2 tablespoons butter unsalted cut into bits
- 1 teaspoon vanilla
- 8 servings whipped cream unsweetened

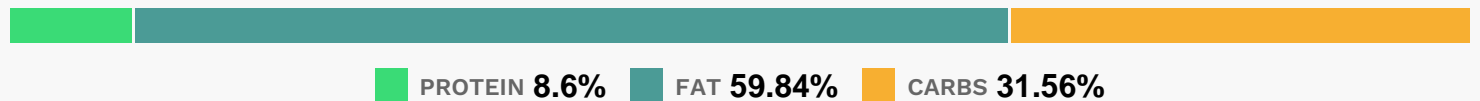
Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- Generously butter a 2 1/2- to 3-quart soufflé dish. Put bread in dish.
- Heat half-and-half, sugar, and salt in a 2-quart saucepan over moderate heat, stirring, until sugar is dissolved and mixture is hot but not boiling.
- Remove from heat and add chocolate, then let stand 2 minutes.
- Whisk until smooth. Lightly beat eggs together in a large bowl and slowly add chocolate mixture, whisking until combined. Stir in vanilla.
- Pour mixture over bread and let soak at room temperature, pressing bread down occasionally, 1 hour.
- Put oven rack in middle position and preheat oven to 325°F.
- Dot top of pudding with butter bits.
- Bake in a hot water bath until edge is set but center still trembles slightly, 45 minutes to 1 hour. Cool pudding to warm in dish on a rack. (Pudding will continue to set as it cools.)

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:10.4, Inflammation Score:-5, Nutrition Score:12.249565114146%

Nutrients (% of daily need)

Calories: 477.64kcal (23.88%), Fat: 31.89g (49.07%), Saturated Fat: 18.01g (112.56%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 34.93g (12.7%), Sugar: 30.09g (33.44%), Cholesterol: 185.47mg (61.82%), Sodium: 173.07mg (7.52%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 30.48mg (10.16%), Protein: 10.32g (20.64%), Phosphorus: 262.43mg (26.24%), Selenium: 18.24µg (26.06%), Manganese: 0.5mg (25.03%), Copper:

0.48mg (24.22%), Vitamin B2: 0.38mg (22.64%), Magnesium: 77.73mg (19.43%), Iron: 3.08mg (17.13%), Calcium: 151.18mg (15.12%), Vitamin A: 670.04IU (13.4%), Zinc: 1.83mg (12.23%), Fiber: 2.91g (11.66%), Potassium: 387.85mg (11.08%), Vitamin B12: 0.59µg (9.89%), Vitamin B5: 0.98mg (9.8%), Vitamin E: 0.96mg (6.4%), Vitamin B6: 0.13mg (6.39%), Folate: 24.71µg (6.18%), Vitamin D: 0.83µg (5.51%), Vitamin B1: 0.08mg (5.21%), Vitamin K: 4.32µg (4.11%), Vitamin B3: 0.6mg (3.02%)