



Chocolate Bread Pudding

READY IN



90 min.

SERVINGS



12

CALORIES



587 kcal

DESSERT

Ingredients

- 2 teaspoons almond extract pure
- 0.3 cup cocoa powder
- 0.5 cup coffee-flavored liqueur
- 6 large eggs lightly beaten
- 1 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.3 cup heavy cream
- 1 pound bread french italian cut into cubes (15 cups)
- 1 cup brown sugar light packed

- 3 cups milk
- 8 ounces semi chocolate chips
- 1 tablespoon vanilla extract

Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Preheat the oven to 325 degrees F.
- Lightly grease a 13 by 9-inch baking dish.
- Place the bread in the baking dish.
- In a large bowl, whisk together the milk, cream, and liqueur.
- In another bowl, combine the granulated and brown sugars with the cocoa powder and mix well.
- Add this to the milk mixture and whisk to combine.
- Add the vanilla and almond extracts and the cinnamon to the beaten eggs.
- Combine the egg mixture with the milk mixture and mix well. Stir in chocolate chips.
- Pour the mixture evenly over the bread cubes; let stand, stirring occasionally, for at least 20 minutes, or until the bread has absorbed most of the milk mixture.
- Bake the pudding for 1 hour, or until set; a knife inserted into the center of the pudding should come out clean. Serving the pudding warm, or refrigerate it and serve chilled.
- Serve it warm or cold, with whipped cream or a dessert sauce.

Nutrition Facts



PROTEIN 6.87% FAT 42.19% CARBS 50.94%

Properties

Glycemic Index:9.42, Glycemic Load:12.72, Inflammation Score:-4, Nutrition Score:10.076521730455%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 586.86kcal (29.34%), Fat: 27.04g (41.59%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 73.46g (24.49%), Net Carbohydrates: 69.82g (25.39%), Sugar: 61.07g (67.85%), Cholesterol: 107.06mg (35.69%), Sodium: 208.79mg (9.08%), Alcohol: 2.74g (100%), Alcohol %: 1.77% (100%), Caffeine: 20.37mg (6.79%), Protein: 9.9g (19.81%), Manganese: 0.39mg (19.44%), Phosphorus: 191.26mg (19.13%), Copper: 0.33mg (16.74%), Selenium: 11.15µg (15.93%), Iron: 2.84mg (15.78%), Magnesium: 61.31mg (15.33%), Vitamin B2: 0.26mg (15.31%), Fiber: 3.63g (14.52%), Calcium: 124.39mg (12.44%), Potassium: 375.51mg (10.73%), Vitamin B3: 2.02mg (10.08%), Vitamin B12: 0.59µg (9.9%), Folate: 36.53µg (9.13%), Zinc: 1.3mg (8.64%), Vitamin D: 1.25µg (8.34%), Vitamin B5: 0.71mg (7.1%), Vitamin B1: 0.11mg (7.05%), Vitamin A: 316.89IU (6.34%), Vitamin B6: 0.1mg (4.92%), Vitamin E: 0.46mg (3.05%), Vitamin K: 1.9µg (1.81%)