



Chocolate Bread Pudding

READY IN



105 min.

SERVINGS



10

CALORIES



685 kcal

DESSERT

Ingredients

- 2 teaspoons almond extract pure
- 0.3 cup cocoa powder
- 0.3 cup rum / brandy / coffee liqueur flavored
- 6 eggs lightly beaten
- 1.5 teaspoons ground cinnamon
- 0.3 cup heavy cream
- 1 loaf bread french italian cut into cubes (15 cups)
- 1 cup brown sugar light packed
- 3 cups milk

- 8 ounces semi chocolate chips
- 1 cup sugar
- 1 tablespoon vanilla extract

Equipment

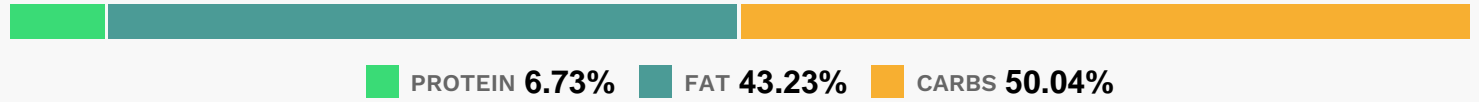
- bowl
- frying pan
- oven
- whisk
- baking pan
- stove

Directions

- Preheat the oven to 325 degrees F.
 - Lightly grease a 13 by 9-inch baking dish fill with bread cubes.
 - 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 the cocoa mixture to the milk mixture and whisk to combine.
 - In a medium bowl, add the vanilla extract, almond extract, 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 cake tester inserted into the center of the pudding should come out clean.
 - Serve the pudding warm or cold, with Pecan Rum Flambe, dessert sauce.
- stick butter
 - /2 cup brown sugar
 - /2 cup chopped pecans
 - /4 cup dark rum

- In a large skillet, melt the stick butter and add brown sugar, stir together.
- Add the pecans and cook until sugar has caramelized over medium-high heat. Turn off the stove and pour in the rum. Stand back and carefully light with a long lighter. Be careful; a flame will shoot up above the pan. As the alcohol cooks out, the flame will die down.
- Serve over chocolate bread pudding.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:15.27, Inflammation Score:-5, Nutrition Score:11.840434792573%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 685.26kcal (34.26%), Fat: 32.78g (50.43%), Saturated Fat: 17.89g (111.8%), Carbohydrates: 85.38g (28.46%), Net Carbohydrates: 81.03g (29.47%), Sugar: 70.54g (78.38%), Cholesterol: 117.32mg (39.11%), Sodium: 245.28mg (10.66%), Alcohol: 2g (100%), Alcohol %: 1.11% (100%), Caffeine: 24.45mg (8.15%), Protein: 11.48g (22.95%), Manganese: 0.47mg (23.28%), Phosphorus: 223.51mg (22.35%), Copper: 0.4mg (19.97%), Iron: 3.35mg (18.6%), Magnesium: 73.26mg (18.32%), Selenium: 12.34µg (17.63%), Vitamin B2: 0.3mg (17.62%), Fiber: 4.35g (17.42%), Calcium: 148.57mg (14.86%), Potassium: 447.4mg (12.78%), Vitamin B3: 2.41mg (12.07%), Vitamin B12: 0.68µg (11.4%), Folate: 42.19µg (10.55%), Zinc: 1.51mg (10.09%), Vitamin D: 1.46µg (9.73%), Vitamin B1: 0.13mg (8.39%), Vitamin B5: 0.8mg (8.02%), Vitamin A: 389.99IU (7.8%), Vitamin B6: 0.11mg (5.63%), Vitamin E: 0.53mg (3.53%), Vitamin K: 2.33µg (2.22%)