



Chocolate Bread Pudding

READY IN



380 min.

SERVINGS



10

CALORIES



492 kcal

DESSERT

Ingredients

- 6 ounces bittersweet chocolate
- 18 ounces challah bread stale cut into 1-inch cubes
- 3 egg yolks
- 2 ounces espresso grounds cooled
- 3 cups half-and-half
- 0.5 cup chocolate mix hot
- 0.8 cup sugar
- 2 tablespoons butter unsalted divided melted
- 1 tablespoon vanilla extract

- 2 large eggs whole
- 1 cup milk whole

Equipment

- frying pan
- oven
- wire rack
- blender
- spatula

Directions

- Watch how to make this recipe.
- Place the eggs and yolks in the carafe of a blender and combine on the lowest speed for 30 seconds. Slowly add the sugar over 30 seconds, and then add the hot chocolate mix and blend until incorporated, about 30 seconds.
- Add the half-and-half, milk, espresso and vanilla and blend until well combined, about 30 seconds.
- Butter a 9 by 13-inch metal pan with 1 tablespoon of the butter and place the cubed bread in the pan.
- Spread the chocolate on top of the bread and slowly pour in the custard. Press down on the mixture with a spatula or the back of a spoon to thoroughly saturate. Cover and set aside at room temperature for 2 hours, or refrigerate for up to 8 hours.
- Preheat the oven to 325 degrees F.
- Bake until the internal temperature reaches at least 170 degrees F, about 45 minutes. Set the oven to the high broil setting with the oven door ajar.
- Remove the bread pudding from the oven.
- Pour the remaining melted butter into a spray bottle and spritz the top of the bread pudding. Return to the middle rack and broil for 4 to 5 minutes.
- Remove to a cooling rack for 15 minutes before serving.

Nutrition Facts



■ PROTEIN 9.14% ■ FAT 44.29% ■ CARBS 46.57%

Properties

Glycemic Index:10.81, Glycemic Load:10.9, Inflammation Score:-5, Nutrition Score:13.563913119876%

Nutrients (% of daily need)

Calories: 492.45kcal (24.62%), Fat: 24.32g (37.42%), Saturated Fat: 12.99g (81.18%), Carbohydrates: 57.54g (19.18%), Net Carbohydrates: 54.76g (19.91%), Sugar: 30.13g (33.48%), Cholesterol: 156.92mg (52.31%), Sodium: 318.33mg (13.84%), Alcohol: 0.45g (100%), Alcohol %: 0.27% (100%), Caffeine: 26.65mg (8.88%), Protein: 11.29g (22.58%), Selenium: 25.79µg (36.84%), Vitamin B2: 0.49mg (29.1%), Manganese: 0.49mg (24.73%), Phosphorus: 233.94mg (23.39%), Vitamin B1: 0.28mg (18.55%), Calcium: 185.34mg (18.53%), Iron: 3.11mg (17.28%), Folate: 68.48µg (17.12%), Copper: 0.32mg (15.92%), Vitamin B3: 3.03mg (15.17%), Magnesium: 56.04mg (14.01%), Vitamin A: 615.21IU (12.3%), Fiber: 2.77g (11.1%), Zinc: 1.5mg (9.99%), Vitamin B12: 0.55µg (9.17%), Potassium: 316.66mg (9.05%), Vitamin B5: 0.82mg (8.16%), Vitamin D: 1.01µg (6.71%), Vitamin B6: 0.13mg (6.3%), Vitamin E: 0.74mg (4.91%), Vitamin K: 2.97µg (2.83%)