



Chocolate Bread Pudding

READY IN



100 min.

SERVINGS



10

CALORIES



699 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 1.5 teaspoon cinnamon
- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup rum / brandy / coffee liqueur flavored
- ☐ 6 eggs lightly beaten
- ☐ 0.3 cup heavy cream
- ☐ 1 pound bread french italian cubed
- ☐ 1 cup brown sugar light packed
- ☐ 3 cups milk

- ☐ 8 ounces bittersweet chocolate grated
- ☐ 1 cup sugar
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Lightly grease a 13 by 9-inch baking dish and place the bread in the dish. In a large bowl, whisk together the milk, cream, and liqueur. Using another bowl, combine the sugar, brown sugar, and cocoa powder and mix well.
- ☐ Add the sugar mixture to the milk mixture and mix well.
- ☐ Add the vanilla and almond extract, and cinnamon to the beaten eggs.
- ☐ Combine the egg mixture to the milk mixture and mix well.
- ☐ Stir the grated chocolate into the mixture.
- ☐ Pour the mixture over the cubed bread in the pan.
- ☐ Let the mixture stand, stirring occasionally for approximately 20 minutes or until bread absorbs most of the milk mixture.
- ☐ Bake pudding for 1 hour or until set. Check pudding by inserting a knife through the middle and it should come out clean.
- ☐ Serve the pudding warm, or refrigerate and serve chilled with whipped cream if desired.

Nutrition Facts



 PROTEIN 6.65%  FAT 42.05%  CARBS 51.3%

Properties

Glycemic Index:11.31, Glycemic Load:15.27, Inflammation Score:-5, Nutrition Score:11.761304380939%

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: 699.09kcal (34.95%), Fat: 32.1g (49.39%), Saturated Fat: 17.45g (109.05%), Carbohydrates: 88.12g (29.37%), Net Carbohydrates: 83.76g (30.46%), Sugar: 73.27g (81.41%), Cholesterol: 115.08mg (38.36%), Sodium: 245.44mg (10.67%), Alcohol: 3.28g (100%), Alcohol %: 1.79% (100%), Caffeine: 24.45mg (8.15%), Protein: 11.43g (22.86%), Manganese: 0.47mg (23.27%), Phosphorus: 222.38mg (22.24%), Copper: 0.4mg (19.96%), Iron: 3.35mg (18.59%), Magnesium: 73.14mg (18.28%), Selenium: 12.28µg (17.54%), Fiber: 4.36g (17.43%), Vitamin B2: 0.3mg (17.41%), Calcium: 147.26mg (14.73%), Potassium: 445.65mg (12.73%), Vitamin B3: 2.42mg (12.08%), Vitamin B12: 0.68µg (11.34%), Folate: 42.15µg (10.54%), Zinc: 1.51mg (10.06%), Vitamin D: 1.43µg (9.52%), Vitamin B1: 0.13mg (8.37%), Vitamin B5: 0.8mg (7.97%), Vitamin A: 360.83IU (7.22%), Vitamin B6: 0.11mg (5.6%), Vitamin E: 0.51mg (3.41%), Vitamin K: 2.27µg (2.16%)