



Chocolate Bread Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs divided separated
- ☐ 2 cups milk
- ☐ 0.5 cup semi-sweet chocolate chunks
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 6 servings garnish: whipped cream
- ☐ 6 slices bread white trimmed

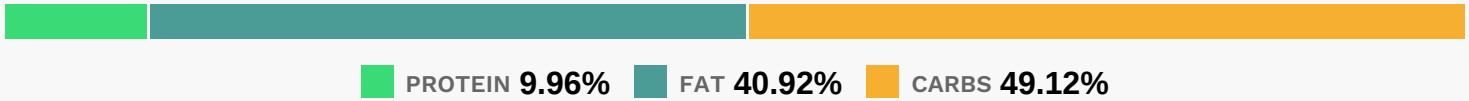
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat milk in a large saucepan just until tiny bubbles form; remove from heat. Cube bread and add to milk; stir until smooth.
- ☐ Add sugar, cocoa and egg yolks; stir until well blended.
- ☐ Add butter and vanilla; set aside. Beat egg whites until stiff peaks form; fold into mixture along with chocolate chunks.
- ☐ Pour into 6 lightly greased custard cups; set cups in a larger pan filled with one inch of hot water.
- ☐ Bake at 350 degrees for 40 minutes, or until firm.
- ☐ Garnish with whipped cream and baking cocoa; serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:47.98, Glycemic Load:22.26, Inflammation Score:-5, Nutrition Score:11.397391168968%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 347.57kcal (17.38%), Fat: 16.31g (25.09%), Saturated Fat: 9g (56.28%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 40.54g (14.74%), Sugar: 27.94g (31.04%), Cholesterol: 79.79mg (26.6%), Sodium: 204.16mg (8.88%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 23.53mg (7.84%), Protein: 8.93g (17.87%), Manganese: 0.53mg (26.71%), Phosphorus: 218.92mg (21.89%), Copper: 0.41mg (20.38%), Selenium: 13.99µg (19.98%), Calcium: 183.58mg (18.36%), Magnesium: 68.61mg (17.15%), Vitamin B2: 0.27mg (15.72%), Iron: 2.7mg

(14.98%), Fiber: 3.51g (14.04%), Vitamin B1: 0.19mg (12.61%), Vitamin B12: 0.62µg (10.36%), Zinc: 1.48mg (9.89%), Potassium: 338.06mg (9.66%), Folate: 36.49µg (9.12%), Vitamin D: 1.21µg (8.08%), Vitamin B3: 1.52mg (7.61%), Vitamin A: 376.22IU (7.52%), Vitamin B5: 0.74mg (7.42%), Vitamin B6: 0.11mg (5.55%), Vitamin E: 0.49mg (3.25%), Vitamin K: 1.95µg (1.86%)