



Chocolate Bread Pudding with Bourbon Pecan Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



474 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.3 cup plus light
- ☐ 1 pound egg bread sliced into 1 inch pieces
- ☐ 8 eggs
- ☐ 2 cups heavy whipping cream
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup pecans toasted chopped
- ☐ 1 ounce bittersweet chocolate

- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup water
- ☐ 1 cup sugar white
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pastry brush
- ☐ glass baking pan

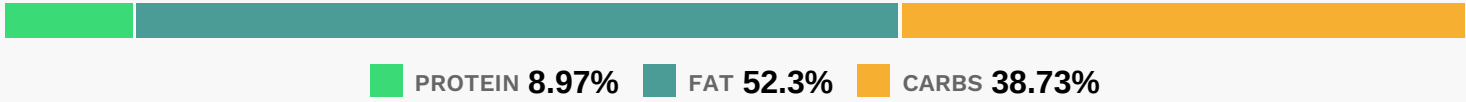
Directions

- ☐ To make sauce: stir 1 1/4 cups sugar and water in heavy large saucepan over medium heat until sugar dissolves.
- ☐ Mix in corn syrup and lemon juice. Increase heat and boil without stirring until syrup turns deep amber, brushing down sides of pan with wet pastry brush and swirling pan occasionally.
- ☐ Remove from heat; pour in 1 1/4 cups cream (mixture will bubble up), stir over low heat until caramel is melted and smooth. Increase heat and boil until sauce is reduced to 1 2/3 cups, stirring often, about 4 minutes.
- ☐ Remove from heat; mix in pecans and bourbon.
- ☐ To make pudding: preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine milk, 2 cups cream, and 1 cup sugar in heavy large saucepan over medium high heat, stir until sugar dissolves and mixture comes to boil.
- ☐ Remove from heat, add chocolate, and stir until smooth.
- ☐ Beat eggs and vanilla in large bowl to blend. Gradually whisk in chocolate mixture; add bread cubes and let stand until bread absorbs some of the custard, stirring occasionally, about 30

minutes.

- ☐ Transfer mixture to a 13x9x2-inch glass baking dish. Cover with foil.
- ☐ Bake at 350 degrees F (175 degrees C) until set in center, about 45 minutes.
- ☐ Serve pudding warm or at room temperature with warm sauce.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:13.43, Inflammation Score:-6, Nutrition Score:12.317826105201%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 473.83kcal (23.69%), Fat: 27.59g (42.45%), Saturated Fat: 12.43g (77.69%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 44.12g (16.04%), Sugar: 27.35g (30.39%), Cholesterol: 178.24mg (59.41%), Sodium: 216.89mg (9.43%), Alcohol: 1.21g (100%), Alcohol %: 0.78% (100%), Protein: 10.65g (21.31%), Selenium: 23.01µg (32.87%), Manganese: 0.61mg (30.28%), Vitamin B2: 0.45mg (26.23%), Phosphorus: 191.49mg (19.15%), Vitamin A: 893.01IU (17.86%), Vitamin B1: 0.27mg (17.86%), Folate: 57.13µg (14.28%), Calcium: 136.6mg (13.66%), Vitamin D: 1.82µg (12.13%), Iron: 2.07mg (11.51%), Copper: 0.22mg (10.99%), Vitamin B3: 2.05mg (10.23%), Vitamin B12: 0.59µg (9.77%), Zinc: 1.41mg (9.41%), Vitamin B5: 0.89mg (8.89%), Magnesium: 32.87mg (8.22%), Fiber: 1.85g (7.42%), Potassium: 233.2mg (6.66%), Vitamin B6: 0.13mg (6.59%), Vitamin E: 0.92mg (6.15%), Vitamin K: 2.28µg (2.17%)