



Chocolate Bread Pudding With Caramel Sauce

READY IN



105 min.

SERVINGS



16

CALORIES



630 kcal

DESSERT

Ingredients

- 3 tablespoons bourbon
- 8 cups egg bread loaf - crusts cubed (1-inch) (12 ounces)
- 2 ounces premium chocolate white chopped
- 3 large eggs
- 0.5 cup milk 2% reduced-fat
- 2 tablespoons milk 2% reduced-fat
- 0.3 teaspoon salt
- 3 ounces bittersweet chocolate chopped
- 0.3 cup semi chocolate chips

- 0.3 cup sugar
- 1.5 cups sugar
- 14 ounce condensed milk fat-free sweetened canned
- 4 tablespoons butter unsalted
- 2 teaspoons vanilla extract
- 0.7 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 35
- Coat an 11- x 7-inch baking dish with cooking spray; set aside.
- Place bread in a large bowl; set aside.
- Whisk eggs in a large bowl until foamy and slightly thickened, about 3 minutes.
- Add sugar, and whisk until combined, about 2 minutes.
- Add sweetened condensed milk and next 4 ingredients, whisking until thick. Stir in all chocolates.
- Pour egg mixture over bread, making sure it's evenly saturated.
- Let stand 30 minutes. Spoon bread mixture into pan.
- Bake 40 minutes or until golden brown and puffy.
- Let stand 15 minutes.
- While the pudding bakes, make sauce.

- Combine sugar and water in a small heavy saucepan over medium-high heat; cook, stirring constantly, until sugar dissolves.
- Continue cooking, without stirring, 15 minutes or until golden.
- Remove from heat.
- Combine butter and cream cheese in a heatproof bowl. Carefully pour sugar mixture over butter mixture, stirring constantly with a whisk (mixture will be hot and bubbly). Cool slightly; stir in 2 tablespoons milk.
- Pour sauce over pudding just before serving.

Nutrition Facts

PROTEIN 9.93% **FAT 25.76%** **CARBS 64.31%**

Properties

Glycemic Index:17.89, Glycemic Load:25.69, Inflammation Score:-6, Nutrition Score:17.921304321807%

Nutrients (% of daily need)

Calories: 630.01kcal (31.5%), Fat: 17.85g (27.47%), Saturated Fat: 8.14g (50.84%), Carbohydrates: 100.29g (33.43%), Net Carbohydrates: 96.84g (35.21%), Sugar: 44.46g (49.4%), Cholesterol: 113.19mg (37.73%), Sodium: 540.29mg (23.49%), Alcohol: 1.11g (100%), Alcohol %: 0.66% (100%), Caffeine: 7.8mg (2.6%), Protein: 15.48g (30.96%), Selenium: 43.48µg (62.12%), Vitamin B2: 0.7mg (41.15%), Vitamin B1: 0.55mg (36.89%), Manganese: 0.72mg (36%), Folate: 132.16µg (33.04%), Vitamin B3: 5.91mg (29.56%), Phosphorus: 246.01mg (24.6%), Iron: 4.4mg (24.47%), Calcium: 210.93mg (21.09%), Copper: 0.32mg (16.13%), Fiber: 3.45g (13.81%), Magnesium: 47.68mg (11.92%), Zinc: 1.61mg (10.72%), Vitamin A: 468.95IU (9.38%), Potassium: 317.59mg (9.07%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.4µg (6.7%), Vitamin B6: 0.11mg (5.66%), Vitamin D: 0.76µg (5.09%), Vitamin E: 0.62mg (4.11%), Vitamin K: 2.48µg (2.36%)