



## Chocolate Bread Pudding with Custard

READY IN



45 min.

SERVINGS



6

CALORIES



955 kcal

DESSERT

### Ingredients

- 2 cups breadcrumbs white soft (5 bread slices)
- 6 servings custard sauce
- 5 large eggs separated
- 8 ounce bittersweet chocolate coarsely chopped
- 0.7 cup sugar divided
- 0.5 cup butter unsalted cut into pieces
- 1 tablespoon vanilla extract
- 1 cup whipping cream

## Equipment

- food processor
- frying pan
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- broiler pan

## Directions

- Bring whipping cream to a simmer in a medium saucepan.
- Remove from heat; cool 5 minutes.
- Process chocolate in a food processor 15 to 20 seconds or until finely chopped. With processor running, slowly add cream; process until smooth.
- Add 1/3 cup sugar and butter.
- Add egg yolks, 1 at a time; process until smooth.
- Add vanilla, and process until blended.
- Combine breadcrumbs and chocolate mixture, stirring until blended.
- Beat egg whites at medium speed with an electric mixer until soft peaks form. Gradually add remaining 1/3 cup sugar, and beat until mixture is glossy and stiff peaks form.
- Fold one-third of egg white mixture into chocolate mixture. Fold in remaining egg white mixture until blended. Spoon into a greased 8-inch square pan.
- Place pan in a broiler pan; add enough water to broiler pan to reach halfway up sides of square pan.
- Bake, on center oven rack, at 325 for 45 minutes or until a knife inserted in center comes out clean. Cool on a wire rack 10 minutes. Carefully invert onto a serving platter.
- Serve with Custard Sauce.
- Note: For testing purposes only, we used Ghirardelli Semi-Sweet Chocolate.

# Nutrition Facts

PROTEIN 8.07% FAT 52.45% CARBS 39.48%

## Properties

Glycemic Index:17.78, Glycemic Load:24.6, Inflammation Score:-8, Nutrition Score:24.214782257443%

## Nutrients (% of daily need)

Calories: 954.96kcal (47.75%), Fat: 55.73g (85.73%), Saturated Fat: 31.77g (198.57%), Carbohydrates: 94.39g (31.46%), Net Carbohydrates: 89.74g (32.63%), Sugar: 46.68g (51.87%), Cholesterol: 314.67mg (104.89%), Sodium: 458.11mg (19.92%), Alcohol: 0.75g (100%), Alcohol %: 0.28% (100%), Caffeine: 32.51mg (10.84%), Protein: 19.28g (38.57%), Selenium: 35.01µg (50.02%), Phosphorus: 451.15mg (45.12%), Vitamin B2: 0.75mg (44.21%), Manganese: 0.86mg (43.01%), Calcium: 339.82mg (33.98%), Copper: 0.65mg (32.32%), Vitamin B1: 0.47mg (31.47%), Vitamin A: 1556.35IU (31.13%), Iron: 5.39mg (29.96%), Magnesium: 112.98mg (28.25%), Vitamin B12: 1.39µg (23.23%), Vitamin D: 3.44µg (22.96%), Vitamin B5: 2.06mg (20.59%), Potassium: 680.13mg (19.43%), Zinc: 2.9mg (19.31%), Fiber: 4.64g (18.58%), Folate: 72.95µg (18.24%), Vitamin B3: 2.96mg (14.82%), Vitamin B6: 0.23mg (11.62%), Vitamin E: 1.58mg (10.52%), Vitamin K: 8.1µg (7.71%)