



## Chocolate Bread Pudding with Rum Toffee Sauce

READY IN



105 min.

SERVINGS



10

CALORIES



862 kcal

DESSERT

### Ingredients

- 2 cups firmly brown sugar packed
- 0.5 stick butter melted
- 2 sticks butter
- 0.8 cup rum dark
- 4 large eggs
- 1 loaf hawaiian bread cut into 1-inch cubes
- 0.8 cup heavy whipping cream
- 2 cups heavy whipping cream divided

- 1 cup pecans chopped
- 1 ounce bittersweet chocolate finely chopped
- 1 cup sugar divided
- 1 teaspoon vanilla extract
- 2 cups milk whole

## Equipment

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

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Lightly grease a 13 by 9-inch baking dish.
- Add the bread cubes to a large bowl.
- In a medium bowl, whisk together 1 1/2 cups of the cream, the milk, 1 cup sugar, butter, and eggs.
- Add the cream mixture to the bread cubes, stirring to combine.
- Let stand for 15 minutes. Stir in the chocolate and pecans. Spoon the mixture into the prepared baking dish.
- Drizzle with remaining 1/2 cup cream and sprinkle with remaining 2 tablespoons sugar.
- Bake until the center is set, about 1 hour.
- Serve with Rum Toffee Sauce.
- In a medium saucepan, combine the brown sugar and butter. Bring to a boil over medium heat. Reduce the heat, stir in the cream and rum and simmer for 4 minutes.
- Remove from heat, and stir in vanilla.
- Let cool. The sauce can be stored, covered, in the refrigerator for up to 2 weeks.

# Nutrition Facts

PROTEIN 3.54% FAT 63.01% CARBS 33.45%

## Properties

Glycemic Index:23.31, Glycemic Load:14.88, Inflammation Score:-8, Nutrition Score:10.853478245113%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

## Nutrients (% of daily need)

Calories: 861.98kcal (43.1%), Fat: 59.01g (90.78%), Saturated Fat: 32.41g (202.57%), Carbohydrates: 70.49g (23.5%), Net Carbohydrates: 69.21g (25.17%), Sugar: 68.53g (76.15%), Cholesterol: 215.18mg (71.73%), Sodium: 259.57mg (11.29%), Alcohol: 6.15g (100%), Alcohol %: 3.01% (100%), Protein: 7.46g (14.92%), Vitamin A: 1862.66IU (37.25%), Manganese: 0.57mg (28.47%), Vitamin B2: 0.31mg (18.34%), Phosphorus: 173.7mg (17.37%), Calcium: 167.35mg (16.74%), Selenium: 10.61µg (15.16%), Vitamin D: 1.98µg (13.23%), Vitamin E: 1.66mg (11.08%), Copper: 0.21mg (10.72%), Vitamin B12: 0.6µg (9.99%), Magnesium: 35.59mg (8.9%), Vitamin B5: 0.85mg (8.47%), Potassium: 290.39mg (8.3%), Vitamin B1: 0.12mg (8.25%), Zinc: 1.23mg (8.22%), Iron: 1.21mg (6.74%), Vitamin B6: 0.13mg (6.49%), Fiber: 1.28g (5.11%), Vitamin K: 4.86µg (4.63%), Folate: 15.7µg (3.93%), Vitamin B3: 0.32mg (1.62%)