



## Chocolate Bread Pudding with Walnuts and Chocolate Chips

READY IN



45 min.

SERVINGS



6

CALORIES



1089 kcal

DESSERT

### Ingredients

- ☐ 1.3 cups bittersweet chocolate chips divided
- ☐ 4 cups cubes egg bread with crust ( 6 ounces)
- ☐ 1 large egg yolk
- ☐ 4 large eggs
- ☐ 1 cup half and half divided
- ☐ 1 cup heavy whipping cream divided
- ☐ 6 servings lightly whipped cream sweetened
- ☐ 0.5 cup sugar

- ☐ 5 tablespoons cocoa powder unsweetened
- ☐ 0.5 cup walnuts toasted

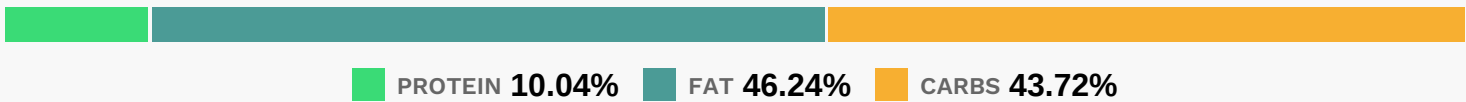
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

## Directions

- ☐ Toss bread cubes, 1/2 cup chocolate chips, and toasted walnuts in large bowl to blend.
- ☐ Whisk 1/2 cup cream, 1/2 cup half and half, and cocoa in heavy medium saucepan to blend.
- ☐ Add remaining 3/4 cup chocolate chips; stir over low heat until melted and smooth. Gradually whisk in remaining 1/2 cup cream and 1/2 cup half and half.
- ☐ Whisk eggs, egg yolk, and sugar in medium bowl to blend.
- ☐ Whisk in chocolate-cream mixture. Stir into bread mixture.
- ☐ Let stand 1 hour for bread to absorb some of custard.
- ☐ Preheat oven to 325°F. Butter six (1- to 1 1/4-cup) ramekins. Divide pudding mixture among ramekins.
- ☐ Bake puddings until set in centers, about 40 minutes.
- ☐ Top warm puddings with whipped cream and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.02, Glycemic Load:11.77, Inflammation Score:-8, Nutrition Score:31.664782119834%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 8.18mg, Epicatechin: 8.18mg, Epicatechin: 8.18mg, Epicatechin: 8.18mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 1088.85kcal (54.44%), Fat: 56.65g (87.15%), Saturated Fat: 31.04g (194%), Carbohydrates: 120.51g (40.17%), Net Carbohydrates: 113.26g (41.18%), Sugar: 36.6g (40.67%), Cholesterol: 314.9mg (104.97%), Sodium: 730.42mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.58mg (3.19%), Protein: 27.68g (55.36%), Selenium: 64.9µg (92.71%), Manganese: 1.35mg (67.31%), Vitamin B2: 1.1mg (64.85%), Vitamin B1: 0.8mg (53.55%), Folate: 206.97µg (51.74%), Phosphorus: 417.13mg (41.71%), Vitamin B3: 8.33mg (41.67%), Iron: 6.87mg (38.17%), Calcium: 377.52mg (37.75%), Copper: 0.67mg (33.62%), Vitamin A: 1502.74IU (30.05%), Fiber: 7.25g (28.99%), Zinc: 3.9mg (26.03%), Magnesium: 90.62mg (22.65%), Potassium: 665.43mg (19.01%), Vitamin B5: 1.61mg (16.06%), Vitamin B6: 0.31mg (15.38%), Vitamin D: 2.09µg (13.9%), Vitamin E: 1.96mg (13.07%), Vitamin B12: 0.75µg (12.58%), Vitamin K: 6.59µg (6.27%), Vitamin C: 1.01mg (1.22%)