



## Chocolate Bread Pudding with Whiskey Sauce

READY IN



85 min.

SERVINGS



8

CALORIES



995 kcal

DESSERT

### Ingredients

- ☐ 1 lb bread crumbs italian
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup powdered sugar
- ☐ 2 large egg yolk
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- ☐ 0.7 cup cup heavy whipping cream
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 teaspoon espresso powder instant
- ☐ 2 cups milk

- ☐ 0.1 teaspoon salt
- ☐ 12 ounces bittersweet chocolate chopped
- ☐ 0.8 cup sugar
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 0.3 cup irish whiskey

## Equipment

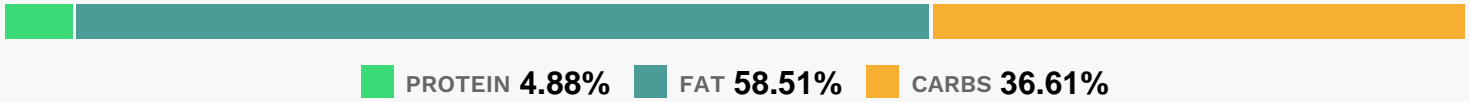
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ roasting pan

## Directions

- ☐ Cut bread into 1/2-inch cubes. In a large saucepan, combine cream, sugar and salt and bring to a boil over medium heat, stirring to dissolve sugar.
- ☐ Add chocolate, cinnamon and espresso powder, let sit for 3 minutes, then whisk until smooth.
- ☐ Let cool slightly.
- ☐ In a large bowl, whisk together eggs, yolks and milk. Slowly whisk in chocolate mixture until well combined.
- ☐ Add bread, pressing it down into liquid. Cover and let stand for 2 hours, pressing down occasionally to allow bread to absorb liquid.
- ☐ Preheat oven to 325F. Grease an 11-by-7-inch baking dish with butter or cooking spray.
- ☐ Pour bread mixture into dish.
- ☐ Place baking dish in a large roasting pan and add hot water so that it reaches 1 inch up side of baking dish.
- ☐ Bake for about 1 hour, until center of pudding feels firm.

- ☐ Remove from oven, take baking dish out of water bath and let cool on a wire rack for 40 minutes.
- ☐ Make sauce: In a saucepan, combine butter and confectioners' sugar.
- ☐ Place over low heat and cook, stirring, until smooth.
- ☐ Add whiskey.
- ☐ Whisking vigorously, add egg yolks. Stir in cream. Raise heat to medium and cook, whisking constantly, until sauce thickens and coats back of a spoon (do not boil).
- ☐ Remove from heat.
- ☐ Let cool slightly; serve with bread pudding.

## Nutrition Facts



## Properties

Glycemic Index:16.01, Glycemic Load:14.17, Inflammation Score:-7, Nutrition Score:14.736956560093%

## Nutrients (% of daily need)

Calories: 995.06kcal (49.75%), Fat: 64.15g (98.69%), Saturated Fat: 37.2g (232.51%), Carbohydrates: 90.3g (30.1%), Net Carbohydrates: 84.85g (30.85%), Sugar: 70.96g (78.84%), Cholesterol: 172.75mg (57.58%), Sodium: 292.91mg (12.74%), Alcohol: 2.65g (100%), Alcohol %: 1.26% (100%), Caffeine: 40.5mg (13.5%), Protein: 12.04g (24.07%), Manganese: 0.6mg (29.87%), Copper: 0.55mg (27.42%), Phosphorus: 257.42mg (25.74%), Magnesium: 96.32mg (24.08%), Iron: 4.2mg (23.32%), Vitamin A: 1146.83IU (22.94%), Fiber: 5.45g (21.81%), Vitamin B2: 0.3mg (17.83%), Selenium: 11.27µg (16.1%), Vitamin B3: 3.05mg (15.25%), Calcium: 148.55mg (14.86%), Potassium: 519.42mg (14.84%), Vitamin D: 2.03µg (13.52%), Folate: 50.33µg (12.58%), Zinc: 1.82mg (12.13%), Vitamin B12: 0.66µg (11.05%), Vitamin B1: 0.15mg (10.2%), Vitamin E: 1.12mg (7.48%), Vitamin B5: 0.74mg (7.44%), Vitamin K: 5.42µg (5.16%), Vitamin B6: 0.1mg (4.96%)