



Chocolate Bread Pudding with Whiskey Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



778 kcal

DESSERT

Ingredients

- ☐ 1 ounce bittersweet chocolate chopped
- ☐ 7 cups bread french
- ☐ 0.7 cup brown sugar light packed
- ☐ 10 servings milk chocolate shavings
- ☐ 5 egg yolk lightly beaten
- ☐ 1 cup milk
- ☐ 0.3 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream

☐ 10 servings irish whiskey

Equipment


- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Melt butter in a large heavy skillet over medium heat.
- ☐ Add bread cubes, and cook, stirring constantly, 3 minutes or until golden.
- ☐ Transfer to a lightly greased 13- x 9-inch baking dish.
- ☐ Bring whipping cream and milk to a boil over medium heat in skillet.
- ☐ Remove from heat, and whisk in chocolate until smooth.
- ☐ Whisk in egg yolks, brown sugar, and vanilla.
- ☐ Pour over bread cubes; let stand 30 minutes. Cover with foil; cut 6 small holes in foil to allow steam to escape.
- ☐ Place baking dish in a roasting pan.
- ☐ Add hot water to pan to a depth of 1 1/2 inches.
- ☐ Bake at 325 for 1 hour and 45 minutes or until set.
- ☐ Remove bread pudding from water. Cool 30 minutes on a wire rack.
- ☐ Serve warm with
- ☐ Whiskey Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



 PROTEIN 11.14%  FAT 35.03%  CARBS 53.83%

Properties

Glycemic Index:13.35, Glycemic Load:66.69, Inflammation Score:-8, Nutrition Score:25.358260987893%

Nutrients (% of daily need)

Calories: 778.2kcal (38.91%), Fat: 30.43g (46.81%), Saturated Fat: 16.9g (105.61%), Carbohydrates: 105.22g (35.07%), Net Carbohydrates: 101.27g (36.83%), Sugar: 25.95g (28.84%), Cholesterol: 166.35mg (55.45%), Sodium: 1028.58mg (44.72%), Alcohol: 0.5g (100%), Alcohol %: 0.23% (100%), Caffeine: 3.3mg (1.1%), Protein: 21.77g (43.54%), Vitamin B1: 1.22mg (81.1%), Selenium: 54.85µg (78.36%), Folate: 219.06µg (54.77%), Vitamin B2: 0.88mg (51.88%), Manganese: 0.94mg (46.78%), Vitamin B3: 8.09mg (40.47%), Iron: 7.12mg (39.54%), Phosphorus: 273.22mg (27.32%), Vitamin A: 1012.76IU (20.26%), Calcium: 175.11mg (17.51%), Magnesium: 67.94mg (16.98%), Copper: 0.32mg (16.01%), Fiber: 3.95g (15.8%), Zinc: 2.26mg (15.04%), Vitamin B6: 0.25mg (12.39%), Vitamin B5: 1.07mg (10.72%), Vitamin D: 1.6µg (10.67%), Potassium: 328.61mg (9.39%), Vitamin E: 1.18mg (7.9%), Vitamin B12: 0.4µg (6.67%), Vitamin K: 3.49µg (3.33%)