



Chocolate-Cherry Bread Pudding

READY IN



45 min.

SERVINGS



9

CALORIES



777 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 3 cups chocolate milk
- ☐ 1 tablespoon cocoa
- ☐ 3 large eggs lightly beaten
- ☐ 6 cups bread french cubed
- ☐ 6 ounce maraschino cherries
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 0.8 cup sugar
- ☐ 9 servings garnishes: whipped cream sweetened

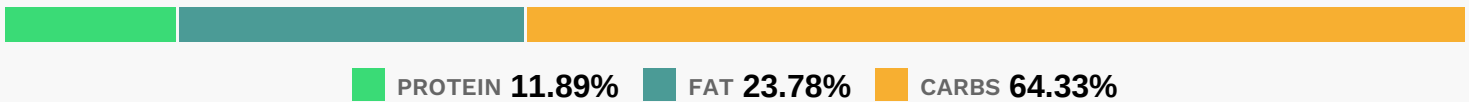
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Drain cherries, reserving 1 tablespoon cherry juice. Coarsely chop cherries.
- ☐ Combine eggs, 1 tablespoon cherry juice, milk, and next 3 ingredients in a large bowl, stirring well.
- ☐ Add bread cubes, and let stand 15 minutes, stirring occasionally. Stir in cherries and chocolate morsels.
- ☐ Spoon mixture into a lightly greased 9" square pan.
- ☐ Bake, uncovered, at 350 for 50 minutes to 1 hour or until set.
- ☐ Serve bread pudding warm or at room temperature.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:26.73, Glycemic Load:77.92, Inflammation Score:-8, Nutrition Score:27.353477869345%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 777.03kcal (38.85%), Fat: 20.73g (31.89%), Saturated Fat: 8.93g (55.82%), Carbohydrates: 126.12g (42.04%), Net Carbohydrates: 119.66g (43.51%), Sugar: 46.69g (51.88%), Cholesterol: 77.69mg (25.9%), Sodium: 1070.59mg (46.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.36mg (6.12%), Protein: 23.32g (46.63%), Vitamin B1: 1.17mg (77.77%), Selenium: 53.7µg (76.71%), Manganese: 1.17mg (58.5%), Vitamin B2: 0.9mg

(53.18%), Folate: 206.41µg (51.6%), Iron: 8.02mg (44.57%), Vitamin B3: 7.9mg (39.48%), Phosphorus: 342.98mg (34.3%), Copper: 0.59mg (29.58%), Fiber: 6.46g (25.84%), Magnesium: 100.9mg (25.22%), Calcium: 214.95mg (21.49%), Zinc: 2.81mg (18.72%), Potassium: 477.39mg (13.64%), Vitamin B6: 0.24mg (12.07%), Vitamin B5: 1.12mg (11.19%), Vitamin D: 1.44µg (9.6%), Vitamin B12: 0.48µg (7.99%), Vitamin A: 397.65IU (7.95%), Vitamin E: 0.87mg (5.79%), Vitamin K: 3.18µg (3.02%)