



## Chocolate Cherry Croissant Bread Pudding

READY IN



140 min.

SERVINGS



12

CALORIES



590 kcal

DESSERT

### Ingredients

- 4 eggs whole
- 1 egg yolk
- 0.8 cup sugar
- 2.5 cups milk
- 2.5 cups whipping cream
- 1 tablespoon vanilla
- 7 large croissants cut into 1 1/2-inch pieces (10 cups) ()
- 1 cup chocolate chips dark
- 2 tablespoons butter melted

- 2 tablespoons sugar
- 0.5 cup cherries dried
- 0.3 cup sugar
- 1 tablespoon cornstarch
- 0.5 cup water
- 10 oz cherries dark sweet frozen
- 0.5 teaspoon vanilla

## Equipment

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

## Directions

- Heat oven to 325°F. Grease bottom and sides of 13x9-inch (3-quart) glass baking dish with shortening or cooking spray. In large bowl, beat 4 whole eggs, 1 egg yolk and 3/4 cup sugar with wire whisk until well blended. Beat in milk, whipping cream and vanilla until well blended. Stir in 7 cups of the croissants pieces.
- Let stand 20 minutes.
- Pour into baking dish.
- Sprinkle with chocolate chips. Lightly press remaining 3 cups croissant pieces on top of mixture.
- Brush top of croissant pieces with butter; sprinkle with 2 tablespoons sugar.
- Sprinkle with dried cherries.
- Bake uncovered 55 to 65 minutes or until top is light golden brown (center will jiggle slightly). Cool 30 minutes.

- Meanwhile, in 2-quart saucepan, mix 1/4 cup sugar, the cornstarch and water until blended. Stir in frozen cherries. Cook over medium-high heat, stirring constantly, until mixture boils and thickens. Boil and stir 1 minute.
- Remove from heat; stir in vanilla. Cool at least 10 minutes before serving.
- Serve sauce over warm bread pudding. Store bread pudding and sauce covered in refrigerator.

## Nutrition Facts

**PROTEIN 6.86%**

**FAT 54.77%**

**CARBS 38.37%**

### Properties

Glycemic Index:32.27, Glycemic Load:25.97, Inflammation Score:-7, Nutrition Score:11.179565170537%

### Flavonoids

Cyanidin: 7.14mg, Cyanidin: 7.14mg, Cyanidin: 7.14mg, Cyanidin: 7.14mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 590.25kcal (29.51%), Fat: 36.24g (55.75%), Saturated Fat: 23.08g (144.27%), Carbohydrates: 57.11g (19.04%), Net Carbohydrates: 54.55g (19.84%), Sugar: 37.91g (42.13%), Cholesterol: 164.24mg (54.75%), Sodium: 237.04mg (10.31%), Alcohol: 0.43g (100%), Alcohol %: 0.23% (100%), Protein: 10.22g (20.44%), Vitamin A: 1457.06IU (29.14%), Selenium: 17.6µg (25.15%), Vitamin B2: 0.37mg (21.91%), Phosphorus: 180.61mg (18.06%), Calcium: 174.12mg (17.41%), Vitamin B1: 0.22mg (14.68%), Folate: 49.63µg (12.41%), Vitamin D: 1.73µg (11.51%), Vitamin B5: 1.08mg (10.85%), Vitamin B12: 0.62µg (10.37%), Fiber: 2.56g (10.25%), Potassium: 341.55mg (9.76%), Zinc: 1.4mg (9.31%), Manganese: 0.18mg (8.9%), Vitamin E: 1.31mg (8.73%), Iron: 1.52mg (8.42%), Vitamin B6: 0.13mg (6.63%), Magnesium: 25.97mg (6.49%), Vitamin B3: 1.15mg (5.76%), Copper: 0.09mg (4.73%), Vitamin K: 4.31µg (4.11%), Vitamin C: 2.1mg (2.55%)