



Chocolate Chile Bread Pudding

READY IN



40 min.

SERVINGS



1

CALORIES



892 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate unsweetened chopped (not or extra-bitter)
- ☐ 1 tablespoon butter unsalted for greasing ramekin
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 0.8 cup sandwich bread white firm () (from 2 slices)

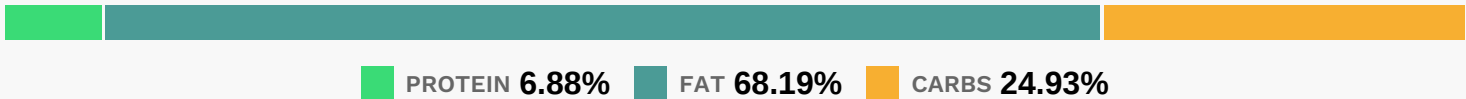
Equipment

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

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Generously butter ramekin or 1 muffin cup.
- ☐ Cook butter (1 tablespoon), cream, chocolate, sugar, vanilla, cinnamon, cayenne, and a pinch of salt in a 1- to 1 1/2-quart heavy saucepan over low heat, stirring constantly, until chocolate is melted and mixture is smooth, 1 to 2 minutes.
- ☐ Remove from heat and whisk in egg until combined. Fold in bread cubes and let stand 5 minutes.
- ☐ Fill ramekin with bread mixture and bake until puffed and set around edge but still moist in center, 15 to 20 minutes. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:231.87, Glycemic Load:16.06, Inflammation Score:-8, Nutrition Score:21.235652138358%

Nutrients (% of daily need)

Calories: 891.92kcal (44.6%), Fat: 67.75g (104.23%), Saturated Fat: 39.79g (248.66%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 50.08g (18.21%), Sugar: 31.4g (34.89%), Cholesterol: 309.15mg (103.05%), Sodium: 349.46mg (15.19%), Alcohol: 0.69g (100%), Alcohol %: 0.36% (100%), Caffeine: 48.76mg (16.25%), Protein: 15.38g (30.75%), Manganese: 1.06mg (53.15%), Selenium: 30.54µg (43.62%), Copper: 0.8mg (39.93%), Vitamin A: 1920.25IU (38.4%), Phosphorus: 335.1mg (33.51%), Iron: 5.74mg (31.89%), Magnesium: 121.66mg (30.41%), Vitamin B2: 0.5mg (29.22%), Fiber: 5.65g (22.58%), Calcium: 195.75mg (19.57%), Zinc: 2.67mg (17.77%), Folate: 64.85µg (16.21%), Vitamin D: 2.27µg (15.13%), Vitamin B1: 0.23mg (15.13%), Potassium: 518.97mg (14.83%), Vitamin E: 2.07mg (13.83%), Vitamin B5: 1.34mg (13.38%), Vitamin B12: 0.7µg (11.63%), Vitamin B3: 2.21mg (11.06%), Vitamin B6: 0.17mg (8.55%), Vitamin K: 8.18µg (7.79%)