



Chocolate Chip Bread Pudding

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



731 kcal

DESSERT

Ingredients

- ☐ 5 slices day old brioche
- ☐ 0.5 cup chocolate dark 70% (I used Callebaut cacao)
- ☐ 1 eggs
- ☐ 0.3 cup full fat cream
- ☐ 0.5 cup milk
- ☐ 1 tsp vanilla sugar

Equipment

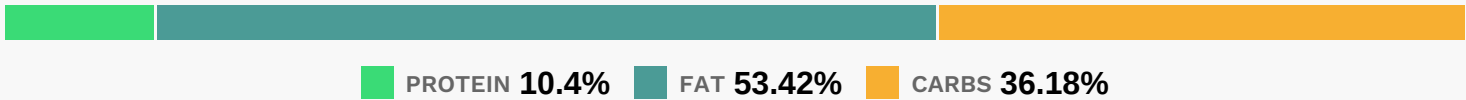
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 180°C.In a bowl, whisk together the egg, milk, cream and vanilla sugar. Dip the slice of bread into this egg mixture leave it in for a few seconds on each side.
- ☐ Place the slices of bread vertically in a baking dish (just as you would were you pretending to place it back like a loaf in the pan)Next, slip the chocolate chips between the slices of bread.
- ☐ Sprinkle with vanilla sugar.
- ☐ Bake for 15–20 minutes.Time to eat!

Nutrition Facts



Properties

Glycemic Index:84.55, Glycemic Load:6.61, Inflammation Score:-7, Nutrition Score:15.156086921692%

Nutrients (% of daily need)

Calories: 731.45kcal (36.57%), Fat: 43.72g (67.25%), Saturated Fat: 24.39g (152.45%), Carbohydrates: 66.59g (22.2%), Net Carbohydrates: 61.82g (22.48%), Sugar: 17.07g (18.97%), Cholesterol: 243.76mg (81.25%), Sodium: 474.66mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 35mg (11.67%), Protein: 19.16g (38.31%), Manganese: 0.86mg (43.11%), Copper: 0.79mg (39.48%), Iron: 6.47mg (35.93%), Magnesium: 113.37mg (28.34%), Phosphorus: 270.73mg (27.07%), Vitamin A: 1033.97IU (20.68%), Calcium: 206.79mg (20.68%), Fiber: 4.77g (19.08%), Selenium: 11.48µg (16.4%), Vitamin B2: 0.26mg (15.37%), Zinc: 2.11mg (14.05%), Potassium: 480.46mg (13.73%), Vitamin B12: 0.81µg (13.54%), Vitamin D: 1.45µg (9.64%), Vitamin B5: 0.86mg (8.61%), Vitamin B6: 0.11mg (5.49%), Vitamin B1: 0.07mg (4.99%), Vitamin E: 0.53mg (3.57%), Vitamin K: 3.53µg (3.37%), Vitamin B3: 0.57mg (2.87%), Folate: 10.34µg (2.59%)