



Chocolate Chunk Bread Puddings

READY IN



45 min.

SERVINGS



2

CALORIES



986 kcal

DESSERT

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1.8 cups hawaiian bread sweet cubed ()
- ☐ 1 tablespoon rum / brandy / coffee liqueur (coffee-flavored liqueur)
- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 1 ounce bittersweet chocolate coarsely chopped
- ☐ 2 tablespoons sugar
- ☐ 1.5 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons cool whip fat-free frozen thawed

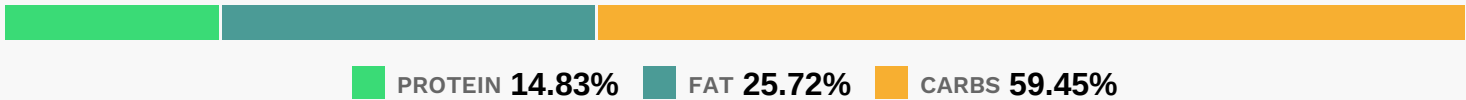
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Arrange bread cubes in a single layer on a baking sheet.
- ☐ Bake at 350 for 5 minutes or until toasted.
- ☐ Remove bread from oven; decrease oven temperature to 32
- ☐ Combine milk and next 5 ingredients (milk through egg) in a medium bowl, stirring well with a whisk.
- ☐ Add bread, tossing gently to coat. Cover and chill 30 minutes or up to 4 hours.
- ☐ Divide half of bread mixture evenly between 2 (6-ounce) ramekins or custard cups coated with cooking spray; sprinkle evenly with half of chocolate. Divide remaining bread mixture between ramekins; top with remaining chocolate.
- ☐ Place ramekins in an 8-inch square baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 325 for 35 minutes or until set.
- ☐ Serve each pudding warm with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:8.38, Inflammation Score:-2, Nutrition Score:13.410869678725%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 986.26kcal (49.31%), Fat: 28.59g (43.98%), Saturated Fat: 16.51g (103.2%), Carbohydrates: 148.68g (49.56%), Net Carbohydrates: 138.69g (50.43%), Sugar: 69.98g (77.75%), Cholesterol: 212.65mg (70.88%), Sodium: 670.79mg (29.16%), Alcohol: 1.97g (100%), Alcohol %: 0.71% (100%), Caffeine: 20.82mg (6.94%), Protein: 37.09g (74.19%), Iron: 16.37mg (90.94%), Fiber: 9.99g (39.97%), Phosphorus: 189.37mg (18.94%), Vitamin B2: 0.31mg (18.05%), Manganese: 0.35mg (17.62%), Copper: 0.34mg (17.21%), Selenium: 11.58µg (16.54%), Magnesium: 55.79mg (13.95%), Calcium: 127.08mg (12.71%), Vitamin B12: 0.73µg (12.19%), Zinc: 1.35mg (8.98%), Potassium: 288.58mg (8.25%), Vitamin B5: 0.72mg (7.16%), Vitamin A: 230.2IU (4.6%), Folate: 17.65µg (4.41%), Vitamin B6: 0.09mg (4.37%), Vitamin B1: 0.05mg (3.66%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.38mg (2.52%), Vitamin B3: 0.31mg (1.56%), Vitamin K: 1.36µg (1.3%)