



WHATSheATE



Chocolate-Cinnamon Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 12 ounces bread french cubed (1-inch) (10 cups)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 Dash nutmeg
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 3 ounces bittersweet chocolate finely chopped ()
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup cocoa powder unsweetened

☐ 2 teaspoons vanilla extract

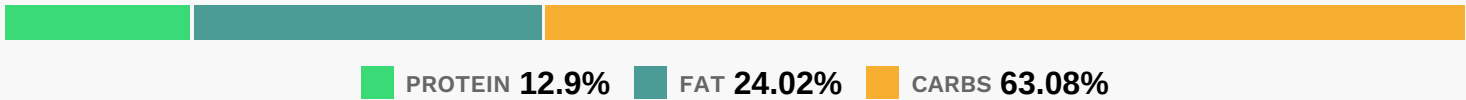
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine 5 1/2 ounces sugar and eggs in a large bowl, stirring with a whisk.
- ☐ Heat milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat; add cocoa and chocolate, stirring with a whisk until cocoa dissolves and chocolate melts. Gradually add hot milk mixture to sugar mixture, stirring constantly with a whisk. Stir in vanilla extract, cinnamon, and nutmeg.
- ☐ Add bread, tossing to coat; let mixture stand for 30 minutes, tossing occasionally.
- ☐ Spoon bread mixture into an 8-inch square baking dish coated with cooking spray; sprinkle 1 ounce of sugar evenly over bread mixture.
- ☐ Bake at 350 for 40 minutes or until set.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.96, Glycemic Load:30.77, Inflammation Score:-5, Nutrition Score:13.053913046484%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 332.72kcal (16.64%), Fat: 9.19g (14.14%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 50.44g (18.34%), Sugar: 29.55g (32.84%), Cholesterol: 76.29mg (25.43%), Sodium: 319.79mg (13.9%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 21.51mg (7.17%), Protein: 11.1g (22.21%), Selenium: 21.55µg (30.78%), Manganese: 0.61mg (30.7%), Vitamin B2: 0.43mg (25.1%), Vitamin B1: 0.35mg (23.09%), Phosphorus: 217.13mg (21.71%), Copper: 0.42mg (21.14%), Iron: 3.45mg (19.17%), Magnesium: 69.93mg (17.48%), Folate: 66.63µg (16.66%), Fiber: 3.87g (15.47%), Calcium: 136.37mg (13.64%), Vitamin B3: 2.35mg (11.73%), Zinc: 1.69mg (11.29%), Vitamin B12: 0.58µg (9.61%), Potassium: 323.71mg (9.25%), Vitamin B5: 0.74mg (7.38%), Vitamin B6: 0.12mg (5.8%), Vitamin A: 182.29IU (3.65%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.38µg (2.5%), Vitamin K: 1.44µg (1.37%)