



## Chocolate-Cinnamon Bread Pudding With Raspberry Sauce

READY IN



80 min.

SERVINGS



8

CALORIES



735 kcal

DESSERT

### Ingredients

- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 2.3 cups milk 1% low-fat
- ☐ 6 cups multigrain bread cubed ()
- ☐ 10 ounce raspberries in syrup light frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup bittersweet chocolate coarsely chopped

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

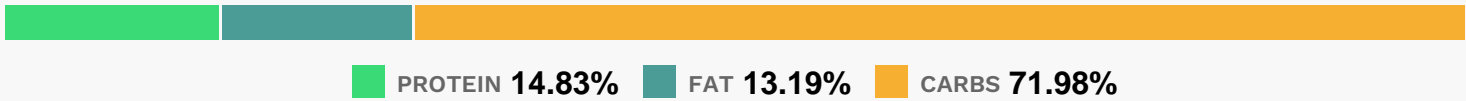
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon

## Directions

- ☐ Preheat oven to 37
- ☐ Coat a 2-quart baking dish with cooking spray.
- ☐ Combine sugar and cinnamon in a large bowl; stir well.
- ☐ Add eggs, egg whites, vanilla, and salt; stir well. Gradually stir in milk.
- ☐ Add the bread cubes and chocolate; stir well and let stand 5 minutes.
- ☐ Transfer mixture to baking dish.
- ☐ Bake for 50–55 minutes or until puffed and set in center.
- ☐ Let stand at least 10 minutes.
- ☐ While pudding bakes, puree thawed raspberries with their syrup in a food processor.
- ☐ Transfer mixture to a strainer placed over a bowl. Press on solids with a wooden spoon; discard seeds. Reserve sauce. Spoon 1/8 of pudding into dessert bowls or glasses.
- ☐ Serve with raspberry sauce.
- ☐ Garnish with fresh raspberries and mint sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:18.1, Glycemic Load:63.34, Inflammation Score:-7, Nutrition Score:29.055652152342%

Nutrients (% of daily need)

Calories: 734.62kcal (36.73%), Fat: 11.01g (16.94%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 135.16g (45.05%), Net Carbohydrates: 123.84g (45.03%), Sugar: 60.01g (66.68%), Cholesterol: 50.26mg (16.75%), Sodium: 954.69mg (41.51%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.27mg (2.09%), Protein: 27.84g (55.68%), Manganese: 3.93mg (196.32%), Selenium: 53.43µg (76.33%), Vitamin B1: 0.74mg (49.29%), Phosphorus: 489.64mg (48.96%), Fiber: 11.33g (45.32%), Calcium: 410.81mg (41.08%), Vitamin B3: 8.02mg (40.1%), Magnesium: 160.01mg (40%), Iron: 5.26mg (29.21%), Vitamin B2: 0.49mg (28.81%), Copper: 0.51mg (25.32%), Zinc: 3.77mg (25.15%), Vitamin B6: 0.45mg (22.38%), Folate: 82.07µg (20.52%), Potassium: 623.24mg (17.81%), Vitamin B5: 1.69mg (16.87%), Vitamin K: 14.53µg (13.84%), Vitamin B12: 0.54µg (8.94%), Vitamin E: 1.15mg (7.67%), Vitamin D: 0.98µg (6.53%), Vitamin A: 207.12IU (4.14%)