



Chocolate Cranberry Bread Pudding

READY IN



90 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 8 oz bread french cut into 1/2-inch cubes (5 to 6 cups)
- ☐ 1 cup cranberries dried sweetened
- ☐ 4 eggs
- ☐ 1.3 cups brown sugar packed
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons butter
- ☐ 1 cup peppermint candies white
- ☐ 1 cup whipping cream

- ☐ 2 tablespoons vanilla extract
- ☐ 3 cups frangelico

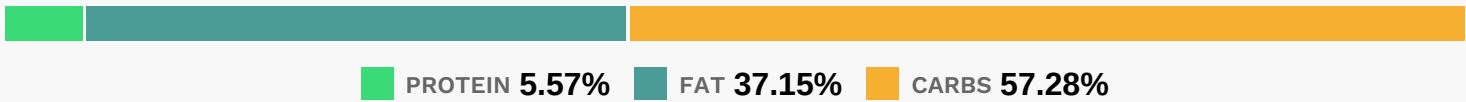
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 12x8-inch (2-quart) glass baking dish with cooking spray.
- ☐ Place bread and cranberries in baking dish; toss to mix.
- ☐ In large bowl, with wire whisk, beat eggs, brown sugar, cocoa and half-and-half until well blended.
- ☐ Pour over bread mixture. Stir mixture gently with large spoon to coat bread with liquid.
- ☐ Let stand 10 minutes. Stir mixture.
- ☐ Bake uncovered 45 to 50 minutes or until knife inserted in center comes out clean.
- ☐ In 1-quart saucepan, mix granulated sugar, butter, baking chips and whipping cream. Cook over medium heat 3 to 4 minutes, stirring frequently, until slightly thickened and smooth.
- ☐ Remove from heat; stir in bourbon (sauce will be thin).
- ☐ Serve sauce over warm bread pudding.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:13.38, Inflammation Score:-4, Nutrition Score:6.8604346947825%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 428.29kcal (21.41%), Fat: 18.35g (28.23%), Saturated Fat: 12.46g (77.88%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 61.38g (22.32%), Sugar: 50.92g (56.58%), Cholesterol: 81.99mg (27.33%), Sodium: 175.14mg (7.61%), Alcohol: 0.75g (100%), Alcohol %: 0.77% (100%), Caffeine: 8.24mg (2.75%), Protein: 6.19g (12.39%), Selenium: 11.42µg (16.32%), Manganese: 0.29mg (14.38%), Vitamin B2: 0.2mg (11.82%), Vitamin B1: 0.15mg (9.9%), Copper: 0.2mg (9.83%), Iron: 1.72mg (9.57%), Fiber: 2.28g (9.11%), Phosphorus: 89.1mg (8.91%), Calcium: 86.1mg (8.61%), Vitamin A: 429.06IU (8.58%), Folate: 32.38µg (8.09%), Magnesium: 29.85mg (7.46%), Vitamin B3: 1.1mg (5.52%), Zinc: 0.7mg (4.66%), Potassium: 155.02mg (4.43%), Vitamin E: 0.65mg (4.31%), Vitamin D: 0.61µg (4.07%), Vitamin B5: 0.4mg (4.03%), Vitamin B6: 0.07mg (3.51%), Vitamin B12: 0.17µg (2.77%), Vitamin K: 1.83µg (1.74%)