



Chocolate Cranberry Bread Pudding

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons vanilla extract
- ☐ 8 oz bread french cut into 1/2-inch cubes (5 to 6 cups)
- ☐ 1.3 cups brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 4 eggs
- ☐ 0.5 cup granulated sugar
- ☐ 3 cups half and half
- ☐ 1 cup vanilla extract white

- ☐ 1 cup cranberries dried sweetened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 cup whipping cream

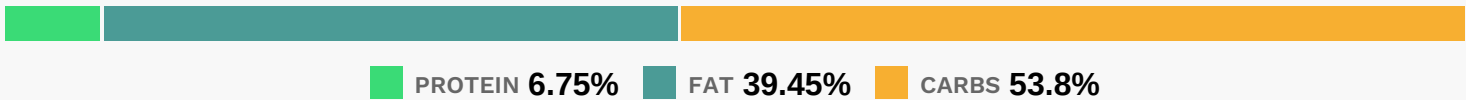
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:-5, Nutrition Score:8.808695640253%

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: 450.41kcal (22.52%), Fat: 18.5g (28.46%), Saturated Fat: 10.87g (67.96%), Carbohydrates: 56.77g (18.92%), Net Carbohydrates: 54.49g (19.81%), Sugar: 44.42g (49.35%), Cholesterol: 103.16mg (34.39%), Sodium: 201.38mg (8.76%), Alcohol: 6.71g (100%), Alcohol %: 4.71% (100%), Caffeine: 8.24mg (2.75%), Protein: 7.12g (14.25%), Vitamin B2: 0.33mg (19.69%), Selenium: 13.36µg (19.09%), Manganese: 0.33mg (16.4%), Phosphorus: 147.62mg (14.76%), Vitamin A: 643.23IU (12.86%), Calcium: 123.17mg (12.32%), Vitamin B1: 0.17mg (11.24%), Copper: 0.21mg (10.72%), Iron: 1.77mg (9.86%), Magnesium: 37.98mg (9.5%), Fiber: 2.28g (9.11%), Folate: 34.19µg (8.55%), Potassium: 260.54mg (7.44%), Zinc: 0.95mg (6.36%), Vitamin B3: 1.24mg (6.22%), Vitamin B5: 0.58mg (5.84%), Vitamin E: 0.8mg (5.31%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.61µg (4.07%), Vitamin K: 2.62µg (2.49%)