



Chocolate Croissant Bread Pudding

READY IN



75 min.

SERVINGS



8

CALORIES



759 kcal

DESSERT

Ingredients

- 4 ounces bittersweet chocolate chopped
- 4 to 6 croissants
- 6 eggs
- 2 cups half-and-half
- 2 cups heavy cream
- 1 pinch salt
- 1 cup sugar
- 8 servings whipped cream for serving, optional

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- whisk
- mixing bowl
- baking pan
- roasting pan

Directions

- Cut the croissants into 1-inch cubes. You should have about 3 1/2 cups.
- Place the cubes in an ovenproof baking dish.
- In a saucepan, heat the half-and-half, cream, and salt over medium-high heat, stirring occasionally to make sure the mixture doesn't burn or stick to the bottom of the pan. When the cream mixture reaches a fast simmer (do not let it boil), turn off the heat.
- Add the chocolate and whisk until melted.
- In a large mixing bowl, whisk the eggs and sugar together.
- Whisking constantly, gradually add the hot chocolate-cream mixture. Strain the mixture over the croissant pieces and toss lightly.
- Let sit while the mixture is absorbed, at least 15 minutes. As it soaks, fold the mixture a few times to ensure even soaking.
- When ready to bake, heat the oven to 350 degrees F.
- Line a roasting pan that's 2 inches deep and larger than the baking dish with paper towels. Fill the pan with very hot water and place the dish of bread pudding inside.
- Bake until set, about 40 to 45 minutes.
- Serve warm, with a scoop of vanilla ice cream on each serving.

Nutrition Facts



■ PROTEIN 6.9% ■ FAT 58.98% ■ CARBS 34.12%

Properties

Glycemic Index:24.76, Glycemic Load:34.92, Inflammation Score:-8, Nutrition Score:14.668260869773%

Nutrients (% of daily need)

Calories: 759.4kcal (37.97%), Fat: 50.33g (77.43%), Saturated Fat: 29.91g (186.94%), Carbohydrates: 65.49g (21.83%), Net Carbohydrates: 63.15g (22.96%), Sugar: 51.72g (57.47%), Cholesterol: 260.16mg (86.72%), Sodium: 268.58mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 13.26g (26.51%), Vitamin B2: 0.62mg (36.4%), Vitamin A: 1764.01IU (35.28%), Selenium: 22.85µg (32.64%), Phosphorus: 293.4mg (29.34%), Calcium: 226.55mg (22.66%), Vitamin B5: 1.5mg (15.04%), Manganese: 0.3mg (14.93%), Vitamin B12: 0.83µg (13.87%), Magnesium: 52.92mg (13.23%), Copper: 0.25mg (12.62%), Vitamin B1: 0.19mg (12.36%), Zinc: 1.85mg (12.34%), Iron: 2.21mg (12.3%), Potassium: 427.77mg (12.22%), Folate: 48.08µg (12.02%), Vitamin D: 1.74µg (11.63%), Vitamin E: 1.57mg (10.44%), Fiber: 2.34g (9.35%), Vitamin B6: 0.16mg (8.01%), Vitamin B3: 0.95mg (4.74%), Vitamin K: 4.52µg (4.31%), Vitamin C: 1.35mg (1.64%)