



## Chocolate Croissant Bread Pudding

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



419 kcal

DESSERT

### Ingredients

- 6 chocolate croissants coarsely chopped
- 3 large eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1.3 cups milk
- 0.5 cup sugar
- 1 tablespoon vanilla extract

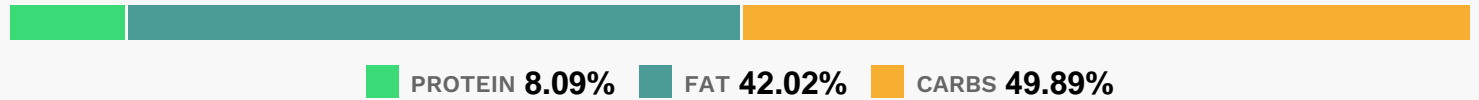
### Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350 degrees F.
- Put chocolate croissant chunks in an 8-inch baking dish. In a medium bowl, whisk together milk, sugar, vanilla, cinnamon, nutmeg, and eggs.
- Pour mixture over croissants.
- Let sit for at least 10 minutes.
- Bake for 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:56.42, Glycemic Load:28.66, Inflammation Score:-3, Nutrition Score:9.6230435586818%

## Nutrients (% of daily need)

Calories: 419.2kcal (20.96%), Fat: 20.5g (31.54%), Saturated Fat: 11.06g (69.12%), Carbohydrates: 54.77g (18.26%), Net Carbohydrates: 52.3g (19.02%), Sugar: 50.83g (56.48%), Cholesterol: 148.65mg (49.55%), Sodium: 89.53mg (3.89%), Alcohol: 1.12g (100%), Alcohol %: 0.77% (100%), Caffeine: 27.72mg (9.24%), Protein: 8.88g (17.77%), Vitamin B2: 0.39mg (22.67%), Phosphorus: 213.62mg (21.36%), Selenium: 14.3µg (20.42%), Magnesium: 61.88mg (15.47%), Manganese: 0.28mg (13.84%), Copper: 0.28mg (13.75%), Calcium: 128.21mg (12.82%), Vitamin B12: 0.75µg (12.42%), Vitamin D: 1.59µg (10.59%), Iron: 1.86mg (10.31%), Fiber: 2.47g (9.88%), Zinc: 1.44mg (9.6%), Vitamin B5: 0.89mg (8.91%), Potassium: 294.75mg (8.42%), Vitamin A: 326.89IU (6.54%), Vitamin B6: 0.13mg (6.49%), Folate: 19µg (4.75%), Vitamin B1: 0.07mg (4.46%), Vitamin E: 0.55mg (3.65%), Vitamin K: 3.07µg (2.92%), Vitamin B3: 0.41mg (2.04%)