



Chocolate Croissant Bread Pudding with Bourbon Ice Cream Sauce

READY IN



65 min.

SERVINGS



6

CALORIES



1289 kcal

DESSERT

Ingredients

- 0.8 cup bittersweet chocolate roughly chopped
- 12 croissants
- 5 large eggs lightly beaten
- 1.5 teaspoons ground cinnamon
- 2.5 cups heavy cream
- 0.5 cup raisins
- 1 cup sugar
- 1 stick butter unsalted

- 1 teaspoon vanilla extract

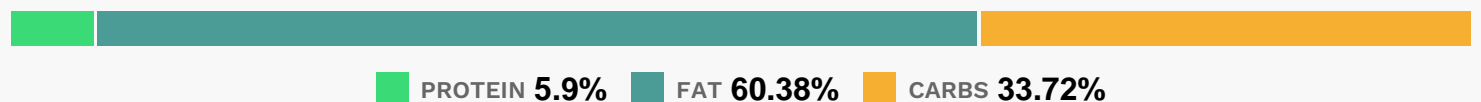
Equipment

- food processor
- oven
- blender
- baking pan
- aluminum foil

Directions

- In a food processor, combine butter and sugar process until well blended.
- Add cinnamon, and vanilla, and pulse to combine.
- While the processor is running crack 5 eggs into the mixture. Turn off the mixer and scrape down the sides.
- Add the heavy cream and pulse to combine.
- Lightly butter a 9 by 13-inch baking dish. Break up the croissants into 1-inch pieces and layer in the pan. Scatter the raisins and shaved bittersweet chocolate over the top, and gently mix to incorporate.
- Pour the egg mixture over the croissants; soak for 8 to 10 minutes. You will need to push croissants pieces down during this time to ensure even coverage by egg mixture.
- Cover with foil and bake for 35minutes.
- Remove foil and bake for additional 10 minutes to brown the top. The croissant bread pudding is done when the custard is set, but still soft. Allow to cool.
- Serve with the Bourbon Ice Cream Sauce.

Nutrition Facts



Properties

Glycemic Index:33.48, Glycemic Load:61.37, Inflammation Score:-9, Nutrition Score:23.620434491531%

Nutrients (% of daily need)

Calories: 1288.54kcal (64.43%), Fat: 87.54g (134.67%), Saturated Fat: 51.97g (324.8%), Carbohydrates: 109.98g (36.66%), Net Carbohydrates: 104.17g (37.88%), Sugar: 57.34g (63.71%), Cholesterol: 385.24mg (128.41%), Sodium: 531.79mg (23.12%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Caffeine: 18.81mg (6.27%), Protein: 19.24g (38.48%), Selenium: 43.96µg (62.8%), Vitamin A: 3013.97IU (60.28%), Vitamin B2: 0.7mg (41.05%), Manganese: 0.8mg (40.1%), Vitamin B1: 0.5mg (33.37%), Phosphorus: 330.53mg (33.05%), Folate: 124.83µg (31.21%), Iron: 4.9mg (27.23%), Fiber: 5.8g (23.2%), Copper: 0.45mg (22.46%), Vitamin B5: 1.97mg (19.67%), Vitamin E: 2.88mg (19.23%), Magnesium: 73.06mg (18.27%), Vitamin D: 2.7µg (18.02%), Calcium: 157.85mg (15.78%), Zinc: 2.26mg (15.08%), Potassium: 518.28mg (14.81%), Vitamin B3: 2.93mg (14.63%), Vitamin B12: 0.78µg (13.05%), Vitamin B6: 0.2mg (10.17%), Vitamin K: 8.4µg (8%), Vitamin C: 1.49mg (1.81%)