



Chocolate Custard Bread Pudding

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 3 cups day-old bread cubes
- ☐ 3 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups milk
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

☐ 0.8 cup sugar white

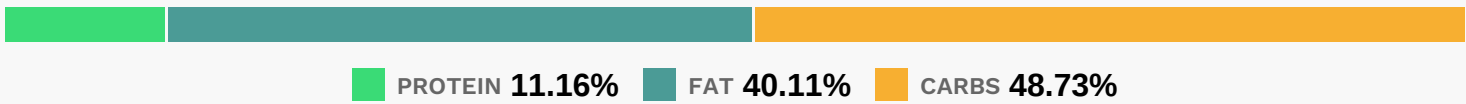
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ double boiler
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a double boiler, heat together the milk and chocolate until chocolate is melted.
- ☐ In a 10x16 inch oven baking bag, combine 1/4 cup sugar, cinnamon and nutmeg.
- ☐ Mix in the bread and nuts.
- ☐ Beat together the eggs, sugar and vanilla; blend together with chocolate mixture.
- ☐ Place bag in 1 quart loaf pan; pour chocolate mixture over bread. Close bag with twist tie; make 6 half inch slits on top.
- ☐ Pour water into pan so that water comes up sides of bag, not overflowing.
- ☐ Bake 50 to 60 minutes or until knife inserted comes out clean. To serve, remove from pan, cut bag away from top and put on plate.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:25.86, Inflammation Score:-5, Nutrition Score:13.488695579379%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 355.76kcal (17.79%), Fat: 16.76g (25.78%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 42.24g (15.36%), Sugar: 30.05g (33.39%), Cholesterol: 89.16mg (29.72%), Sodium: 189.69mg (8.25%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Caffeine: 7.56mg (2.52%), Protein: 10.49g (20.99%), Manganese: 1.13mg (56.73%), Copper: 0.52mg (26.18%), Selenium: 17.38µg (24.83%), Phosphorus: 213.43mg (21.34%), Iron: 3.37mg (18.71%), Magnesium: 68.33mg (17.08%), Vitamin B2: 0.28mg (16.76%), Calcium: 145.42mg (14.54%), Fiber: 3.55g (14.21%), Vitamin B1: 0.21mg (13.73%), Zinc: 2.05mg (13.66%), Folate: 46.49µg (11.62%), Vitamin B3: 1.89mg (9.46%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.87mg (8.67%), Potassium: 286.28mg (8.18%), Vitamin B6: 0.16mg (8.08%), Vitamin D: 1.11µg (7.41%), Vitamin A: 221.28IU (4.43%), Vitamin E: 0.43mg (2.86%), Vitamin K: 2.9µg (2.77%)