



Chocolate-Dried Cherry Bread Pudding

READY IN



810 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 5 tablespoons brown sugar dark packed
- ☐ 4 ounces chocolate chips dark
- ☐ 0.5 cup cherries dried
- ☐ 5 large eggs
- ☐ 5 tablespoons granulated sugar
- ☐ 1 cup heavy cream
- ☐ 3 ounces milk chocolate chips
- ☐ 0.3 orange zest finely grated

- ☐ 0.3 teaspoon sea salt fine
- ☐ 1 tablespoon sugar
- ☐ 1 of seeds vanilla bean
- ☐ 6 slices bread white soft cut into 1/2-inch cubes
- ☐ 1 cup milk whole

Equipment

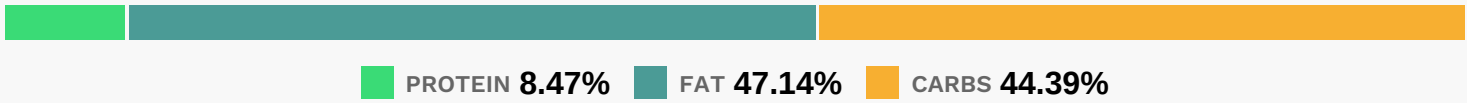
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Special equipment: Eight 4-ounce ramekins
- ☐ Put the dark chocolate chips in a large heatproof bowl. In another large bowl, whisk together the eggs and brown sugar until well combined.
- ☐ In a medium saucepan, bring the cream, milk, brandy, orange zest, vanilla seeds, salt, and granulated sugar to a boil; stir until the sugar is dissolved.
- ☐ Pour the hot liquid over the dark chocolate chips and whisk until melted and smooth. While whisking constantly, pour the dark chocolate mixture into the eggs, mixing until combined.
- ☐ Add the bread and toss gently to coat.
- ☐ Transfer the bread mixture to the refrigerator and cool to room temperature. Stir in the chocolate chips and dried cherries. Cover and refrigerate overnight.
- ☐ Position a rack in the center of the oven and preheat to 350 degrees F. Put eight 4-ounce ramekins on a baking sheet and lightly coat them with cooking spray.
- ☐ Stir the bread pudding mixture to evenly distribute the chocolate chips and cherries. Divide the mixture among the prepared ramekins.

- ☐
- Sprinkle a little Turbinado sugar over the top of each pudding and bake until puffed and set, about 30 minutes.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.73, Glycemic Load:12.35, Inflammation Score:-5, Nutrition Score:9.0900000152381%

Nutrients (% of daily need)

Calories: 441.23kcal (22.06%), Fat: 22.89g (35.22%), Saturated Fat: 14.55g (90.95%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 46.79g (17.01%), Sugar: 34.53g (38.37%), Cholesterol: 153.67mg (51.22%), Sodium: 244.75mg (10.64%), Alcohol: 1.25g (100%), Alcohol %: 0.97% (100%), Protein: 9.26g (18.51%), Selenium: 16.29µg (23.27%), Vitamin A: 927.6IU (18.55%), Vitamin B2: 0.31mg (18.41%), Calcium: 178.7mg (17.87%), Phosphorus: 149.53mg (14.95%), Folate: 39.85µg (9.96%), Vitamin B1: 0.15mg (9.7%), Vitamin D: 1.44µg (9.58%), Vitamin B5: 0.89mg (8.87%), Vitamin B12: 0.53µg (8.84%), Iron: 1.58mg (8.78%), Zinc: 1.27mg (8.47%), Potassium: 270.62mg (7.73%), Manganese: 0.15mg (7.39%), Fiber: 1.72g (6.89%), Vitamin B6: 0.12mg (6.08%), Vitamin E: 0.88mg (5.88%), Vitamin B3: 1.13mg (5.63%), Magnesium: 20.45mg (5.11%), Copper: 0.08mg (4.03%), Vitamin K: 2.27µg (2.16%)