



Chocolate-Hazelnut Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



576 kcal

DESSERT

Ingredients

- 1 large eggs lightly beaten
- 2 large egg whites lightly beaten
- 4.5 cups bread french cubed () (8 ounces)
- 2 tablespoons hazelnuts chopped
- 1.3 cups milk 2% reduced-fat
- 2 cups whipped cream low-fat
- 0.1 teaspoon salt
- 0.5 cup sugar

- 1 ounce chocolate unsweetened chopped
- 0.3 cup cocoa unsweetened
- 0.8 teaspoon vanilla extract
- 0.3 cup frangelico (hazelnut-flavored liqueur)

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- baking pan
- aluminum foil

Directions

- Combine first 4 ingredients in a medium saucepan. Cook over medium-low heat 3 minutes or until chocolate melts, stirring constantly (do not boil).
- Combine egg whites and egg in a large bowl; gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Stir in liqueur, vanilla, and salt.
- Add bread, tossing gently to coat.
- Spoon mixture into an 8-inch square baking dish coated with cooking spray. Cover with foil; chill 30 minutes or up to 4 hours.
- Preheat oven to 35
- Sprinkle hazelnuts evenly over pudding.
- Place dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- Bake, covered, at 350 for 30 minutes. Uncover and bake an additional 5 minutes or until a knife inserted in center comes out clean.
- Serve each bread pudding piece warm with 1/4 cup ice cream.

Nutrition Facts



■ PROTEIN 14.29% ■ FAT 19.06% ■ CARBS 66.65%

Properties

Glycemic Index:27.07, Glycemic Load:66.03, Inflammation Score:-7, Nutrition Score:24.25391292572%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 10.32mg, Epicatechin: 10.32mg, Epicatechin: 10.32mg, Epicatechin: 10.32mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 575.61kcal (28.78%), Fat: 12.51g (19.24%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 98.43g (32.81%), Net Carbohydrates: 93.2g (33.89%), Sugar: 29.49g (32.77%), Cholesterol: 36.66mg (12.22%), Sodium: 908.23mg (39.49%), Alcohol: 0.13g (100%), Alcohol %: 0.07% (100%), Caffeine: 9.02mg (3.01%), Protein: 21.1g (42.19%), Vitamin B1: 1.03mg (68.71%), Manganese: 1.35mg (67.28%), Selenium: 44.27µg (63.24%), Vitamin B2: 0.82mg (48.38%), Folate: 180.12µg (45.03%), Iron: 6.69mg (37.17%), Vitamin B3: 6.74mg (33.68%), Phosphorus: 280.72mg (28.07%), Copper: 0.54mg (27.13%), Magnesium: 89.12mg (22.28%), Fiber: 5.23g (20.92%), Calcium: 195.99mg (19.6%), Zinc: 2.61mg (17.42%), Potassium: 425.46mg (12.16%), Vitamin B6: 0.22mg (11.24%), Vitamin B5: 0.95mg (9.49%), Vitamin E: 1.36mg (9.05%), Vitamin B12: 0.45µg (7.5%), Vitamin A: 245.36IU (4.91%), Vitamin K: 2.48µg (2.36%), Vitamin C: 0.93mg (1.13%), Vitamin D: 0.16µg (1.09%)