



Chocolate-Peanut Butter Bread Pudding

READY IN



55 min.

SERVINGS



4

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.3 cup egg substitute fat-free
- ☐ 1 cup milk fat-free
- ☐ 0.3 cup semisweet chocolate mini-morsels
- ☐ 4 ounce bread white lightly toasted cut into 1-inch cubes reduced-calorie

Equipment

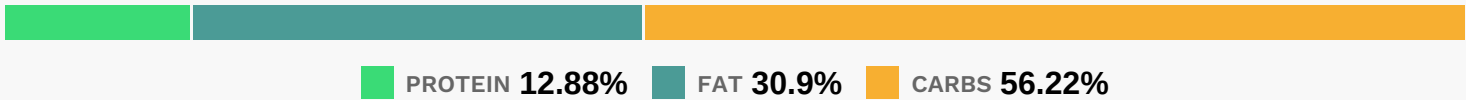
- ☐ oven

- ☐ blender
- ☐ baking pan

Directions

- ☐ Place toasted bread cubes in a 1-quart baking dish coated with cooking spray; sprinkle with chocolate morsels.
- ☐ Combine milk and remaining 3 ingredients in container of an electric blender; cover and process until smooth.
- ☐ Pour milk mixture over bread mixture; let stand 5 minutes.
- ☐ Bake at 350 for 45 to 50 minutes or until pudding is firm.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:11.13, Inflammation Score:-4, Nutrition Score:9.8700000812178%

Nutrients (% of daily need)

Calories: 267.91kcal (13.4%), Fat: 9.34g (14.38%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 36.34g (13.21%), Sugar: 23.1g (25.67%), Cholesterol: 2.49mg (0.83%), Sodium: 229.45mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 8.76g (17.52%), Manganese: 0.44mg (22.08%), Selenium: 15.41µg (22.01%), Calcium: 173.73mg (17.37%), Phosphorus: 164.48mg (16.45%), Vitamin B1: 0.21mg (14.04%), Vitamin B2: 0.23mg (13.34%), Vitamin B3: 2.61mg (13.07%), Magnesium: 51.26mg (12.82%), Iron: 2.18mg (12.09%), Copper: 0.22mg (10.81%), Folate: 42.11µg (10.53%), Potassium: 292.83mg (8.37%), Zinc: 1.17mg (7.8%), Fiber: 1.91g (7.64%), Vitamin B5: 0.76mg (7.55%), Vitamin E: 1.09mg (7.29%), Vitamin B12: 0.43µg (7.1%), Vitamin B6: 0.13mg (6.32%), Vitamin D: 0.91µg (6.09%), Vitamin A: 164.45IU (3.29%)