



Double-Chocolate Bread Pudding

READY IN



60 min.

SERVINGS



12

CALORIES



445 kcal

Ingredients

- 5 cups unseasoned bread cubes french (1 inch)
- 6.8 oz jell-o chocolate fudge flavor cook & serve pudding
- 5 cups milk
- 4 oz baker's semi-sweet chocolate chopped

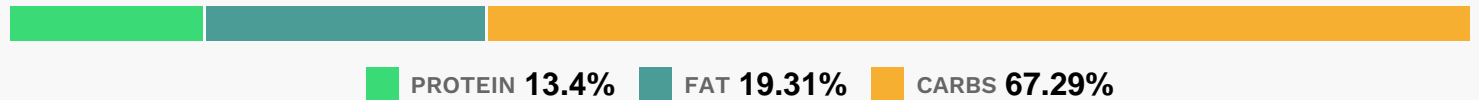
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Beat pudding mixes and milk in large bowl with whisk 2 min.
- Add bread; mix lightly to coat.
- Pour into 13x9-inch baking dish; top with chocolate.
- Bake 45 min. or until pudding just comes to boil in center.
- Remove from oven.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:41.24, Inflammation Score:-6, Nutrition Score:17.309130539065%

Nutrients (% of daily need)

Calories: 444.57kcal (22.23%), Fat: 9.56g (14.71%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 74.98g (24.99%), Net Carbohydrates: 71.48g (25.99%), Sugar: 23.82g (26.46%), Cholesterol: 12.77mg (4.26%), Sodium: 862.59mg (37.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.25mg (3.08%), Protein: 14.93g (29.86%), Vitamin B1: 0.76mg (50.76%), Selenium: 31.32µg (44.74%), Manganese: 0.7mg (35.24%), Vitamin B2: 0.57mg (33.81%), Folate: 121.73µg (30.43%), Iron: 4.66mg (25.88%), Vitamin B3: 4.97mg (24.88%), Phosphorus: 242.33mg (24.23%), Calcium: 184.1mg (18.41%), Magnesium: 67.61mg (16.9%), Copper: 0.33mg (16.28%), Fiber: 3.5g (14.01%), Zinc: 1.79mg (11.95%), Potassium: 359.33mg (10.27%), Vitamin B12: 0.57µg (9.43%), Vitamin B6: 0.17mg (8.63%), Vitamin D: 1.12µg (7.46%), Vitamin B5: 0.74mg (7.41%), Vitamin A: 169.42IU (3.39%), Vitamin E: 0.32mg (2.17%), Vitamin K: 1.92µg (1.83%)