



Double Chocolate Bread Pudding with Dulce de Leche

READY IN



170 min.

SERVINGS



12

CALORIES



638 kcal

DESSERT

Ingredients

- ☐ 1 lb bread french cut into 1-inch cubes
- ☐ 6 large eggs beaten
- ☐ 1.5 cups half and half
- ☐ 1 teaspoon espresso powder instant
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup sugar

- ☐ 28 oz condensed milk sweetened canned
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Pour condensed milk into a bowl; set over a pot of simmering water. Cook, stirring occasionally, until sauce is very thick and golden brown, about 2 1/2 hours.
- ☐ Add more water to pot during cooking time, if necessary.
- ☐ Remove bowl; set aside to cool.
- ☐ Make pudding: Butter a 9-by-13-inch baking dish.
- ☐ Spread bread in dish; sprinkle with chocolate. In a bowl, whisk both sugars, cocoa and salt. In a separate bowl, whisk milk, half-and-half and eggs. Dissolve espresso in vanilla; whisk into egg mixture.
- ☐ Whisk egg mixture into bowl with cocoa mixture.
- ☐ Pour over bread cubes. Cover loosely; let stand for 1 hour. Preheat oven to 325F.
- ☐ Remove cover.
- ☐ Bake pudding until puffed and set in center, 50 minutes to 1 hour. Insert a small knife into center; it should come out clean.
- ☐ Let stand for 10 minutes.
- ☐ Drizzle with dulce de leche and serve with ice cream, if desired.

Nutrition Facts



 **PROTEIN 10.2%**  **FAT 30.95%**  **CARBS 58.85%**

Properties

Glycemic Index:18.98, Glycemic Load:38.14, Inflammation Score:-6, Nutrition Score:18.84565211379%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 638.45kcal (31.92%), Fat: 22.38g (34.44%), Saturated Fat: 12.01g (75.09%), Carbohydrates: 95.79g (31.93%), Net Carbohydrates: 91.44g (33.25%), Sugar: 74.69g (82.99%), Cholesterol: 132.09mg (44.03%), Sodium: 388.64mg (16.9%), Alcohol: 0.37g (100%), Alcohol %: 0.19% (100%), Caffeine: 27.11mg (9.04%), Protein: 16.6g (33.2%), Selenium: 32.47µg (46.39%), Manganese: 0.87mg (43.37%), Phosphorus: 411.92mg (41.19%), Vitamin B2: 0.62mg (36.47%), Calcium: 363.37mg (36.34%), Magnesium: 96.8mg (24.2%), Copper: 0.47mg (23.44%), Iron: 3.77mg (20.95%), Potassium: 624.88mg (17.85%), Vitamin B1: 0.27mg (17.71%), Fiber: 4.35g (17.4%), Zinc: 2.37mg (15.83%), Vitamin B5: 1.52mg (15.19%), Vitamin B12: 0.82µg (13.74%), Folate: 53.39µg (13.35%), Vitamin B3: 2.63mg (13.16%), Vitamin A: 494.79IU (9.9%), Vitamin B6: 0.18mg (8.83%), Vitamin D: 1.08µg (7.2%), Vitamin E: 0.65mg (4.34%), Vitamin K: 4.29µg (4.09%), Vitamin C: 2.07mg (2.51%)