

Dulce de Leche and Chocolate Chunk Bread Pudding

 **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



295 kcal

DESSERT

Ingredients

- 3 ounces chocolate chips
- 1 cup dulce de leche plus more for serving
- 2 tablespoons rum dark
- 2 large egg yolk
- 4 large eggs
- 1.5 cups cup heavy whipping cream
- 10 servings powdered sugar

- 1 pinch salt
- 2 tablespoons sugar
- 4 tablespoons butter unsalted divided melted ()
- 1 teaspoon vanilla extract

Equipment

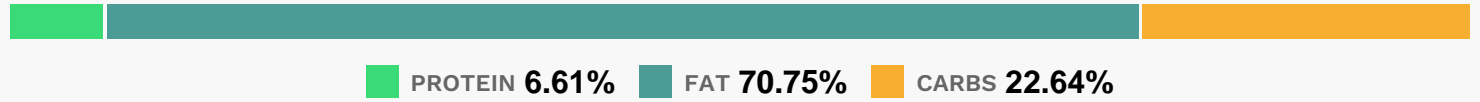
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- glass baking pan

Directions

- Preheat oven to 350°F.
- Place bread in large bowl.
- Drizzle with 3 tablespoons melted butter; toss.
- Transfer to rimmed baking sheet.
- Bake until bread begins to color, stirring occasionally, about 12 minutes. Cool.
- Brush 11x7x2-inch glass baking dish with 1 tablespoon melted butter.
- Stir whipping cream and 1 cup dulce de leche in medium saucepan over medium heat until blended and bubbling.
- Remove from heat.
- Whisk eggs and yolks in large bowl.
- Add rum, vanilla, and salt; gradually whisk in warm dulce de leche mixture. Stir in bread cubes.
- Let soak 30 minutes, stirring occasionally.
- Mix chocolate chips into custard mixture.
- Pour into prepared dish.
- Sprinkle with 2 tablespoons sugar.

- Bake pudding until puffed and set in center, about 35 minutes.
- Let cool 15 minutes. Dust with powdered sugar.
- Serve warm, passing more dulce de leche topping alongside.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:4.9391304358192%

Nutrients (% of daily need)

Calories: 295.45kcal (14.77%), Fat: 22.91g (35.25%), Saturated Fat: 14.5g (90.65%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.17g (5.88%), Sugar: 14.31g (15.9%), Cholesterol: 163.59mg (54.53%), Sodium: 53.51mg (2.33%), Alcohol: 1.14g (100%), Alcohol %: 1.32% (100%), Protein: 4.82g (9.63%), Vitamin A: 822.61IU (16.45%), Selenium: 9.68µg (13.82%), Vitamin B2: 0.2mg (11.53%), Phosphorus: 85.77mg (8.58%), Vitamin D: 1.24µg (8.26%), Calcium: 66.41mg (6.64%), Vitamin E: 0.89mg (5.93%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.33µg (5.58%), Zinc: 0.73mg (4.87%), Folate: 17.75µg (4.44%), Vitamin B6: 0.07mg (3.49%), Potassium: 121.26mg (3.46%), Iron: 0.6mg (3.32%), Vitamin K: 2.27µg (2.16%), Magnesium: 8.29mg (2.07%), Vitamin B1: 0.03mg (2.01%), Copper: 0.04mg (1.95%), Fiber: 0.32g (1.29%), Manganese: 0.02mg (1.09%)