Ghirardelli® Chocolate Bread Pudding

READY IN	SERVINGS	CALORIES
45 min.	12	500 kcal

DESSERT

Ingredients

- [ ] 4 large eggs
- [ ] 1 baguette french cut into cubes*
- [ ] 2 cups granulated sugar white
- [ ] 2 tablespoons ground cinnamon
- [ ] 1 teaspoon ground nutmeg
- [ ] 1 cup raisins
- [ ] 12 ounces semi-sweet chocolate chips
- [ ] 0.3 cup butter unsalted melted
- [ ] 0.3 cup cocoa unsweetened

- [ ] 1 tablespoon vanilla extract pure
- [ ] 4 cups milk whole

Equipment

- [ ] bowl
- [ ] oven
- [ ] whisk
- [ ] baking pan
- [ ] glass baking pan

Directions

- [ ] In a large bowl, whisk together the milk, eggs, butter, and vanilla.
- [ ] In a small bowl, mix together the sugar, cinnamon, nutmeg, and cocoa.
- [ ] Add to the milk mixture and whisk.
- [ ] Add the bread, raisins, and chocolate chips.
- [ ] Mix well.
- [ ] Refrigerate for 30 to 60 minutes, until the bread has absorbed most of the liquid. Preheat the oven to 350 degrees F. Lightly grease a 9 by 13-inch glass baking dish.
- [ ] Mix the bread pudding once more to evenly distribute the chips and raisins.
- [ ] Pour into the prepared baking dish.
- [ ] Bake for 1 hour, or until set.
- [ ] Serve the pudding warm, or refrigerate and serve chilled.

Nutrition Facts

PROTEIN **7.22%** FAT **35.08%** CARBS **57.7%**

Properties

Glycemic Index:26.14, Glycemic Load:36.73, Inflammation Score:-5, Nutrition Score:13.266521780387%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 500.12kcal (25.01%), Fat: 19.95g (30.69%), Saturated Fat: 11.04g (68.98%), Carbohydrates: 73.82g (24.61%), Net Carbohydrates: 68.88g (25.05%), Sugar: 48.87g (54.3%), Cholesterol: 83.63mg (27.88%), Sodium: 191.03mg (8.31%), Alcohol: 0.37g (100%), Alcohol %: 0.23% (100%), Caffeine: 28.5mg (9.5%), Protein: 9.24g (18.48%), Manganese: 0.82mg (41.15%), Copper: 0.51mg (25.32%), Phosphorus: 233.27mg (23.33%), Magnesium: 80.97mg (20.24%), Fiber: 4.93g (19.73%), Iron: 3.5mg (19.44%), Selenium: 13.25µg (18.92%), Vitamin B2: 0.31mg (17.95%), Calcium: 169.76mg (16.98%), Potassium: 468.23mg (13.38%), Vitamin B1: 0.2mg (13.25%), Zinc: 1.64mg (10.97%), Vitamin B12: 0.65µg (10.78%), Vitamin D: 1.3µg (8.66%), Folate: 31.41µg (7.85%), Vitamin B5: 0.74mg (7.43%), Vitamin B3: 1.48mg (7.41%), Vitamin A: 358.22IU (7.16%), Vitamin B6: 0.14mg (6.84%), Vitamin E: 0.59mg (3.91%), Vitamin K: 3.75µg (3.57%)