



Mexican Chocolate Bread Pudding

READY IN



125 min.

SERVINGS



8

CALORIES



729 kcal

DESSERT

Ingredients

- 5 cups unseasoned bread cubes french (1-inch) (from 3 bolillo rolls or)
- 6.2 ounce discs mexican chocolate chopped (recommended: Ibarra)
- 3 large egg yolks
- 1 cup granulated sugar
- 1 tablespoon ground cinnamon
- 0.3 cup raisins
- 1 tablespoon butter unsalted for greasing
- 2 eggs whole
- 2.8 cups milk whole

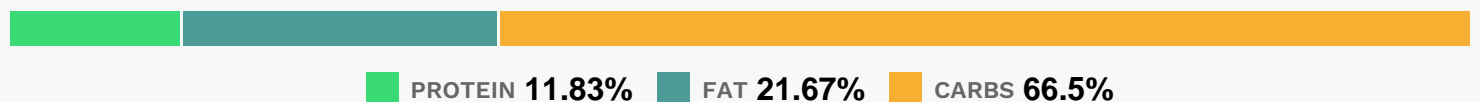
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- hand mixer
- glass baking pan

Directions

- Watch how to make this recipe.
- Butter an 8 by 8 by 2-inch glass baking dish. Set aside.
- Place the bread cubes in the prepared baking dish. Bring the milk to a simmer in a large heavy saucepan.
- Remove from the heat.
- Add the chocolate and whisk until melted and smooth.
- Using an electric hand mixer, beat the sugar, eggs, and egg yolks in a medium bowl until blended. Gradually whisk the chocolate mixture into the egg mixture.
- Add the raisins and cinnamon.
- Pour the custard over the bread.
- Let the mixture stand for 1 hour (some custard will not be absorbed). Can be prepared and refrigerated for up to 2 hours ahead.
- Preheat the oven to 350 degrees F.
- Bake until just set and the center moves slightly when the dish is shaken, about 45 minutes. Dust with powdered sugar and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.87, Glycemic Load:85.8, Inflammation Score:-7, Nutrition Score:25.622608876747%

Nutrients (% of daily need)

Calories: 729.33kcal (36.47%), Fat: 18.06g (27.78%), Saturated Fat: 8.62g (53.88%), Carbohydrates: 124.69g (41.56%), Net Carbohydrates: 119.28g (43.38%), Sugar: 47.23g (52.47%), Cholesterol: 123.6mg (41.2%), Sodium: 946.46mg (41.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.5mg (4.83%), Protein: 22.18g (44.37%), Vitamin B1: 1.12mg (74.93%), Selenium: 51.68µg (73.83%), Manganese: 1.09mg (54.26%), Vitamin B2: 0.9mg (52.97%), Folate: 197.31µg (49.33%), Iron: 7.01mg (38.93%), Vitamin B3: 7.45mg (37.27%), Phosphorus: 324.51mg (32.45%), Fiber: 5.4g (21.61%), Magnesium: 86.3mg (21.57%), Calcium: 212.1mg (21.21%), Copper: 0.39mg (19.41%), Zinc: 2.53mg (16.89%), Vitamin B6: 0.27mg (13.64%), Potassium: 439.74mg (12.56%), Vitamin B5: 1.19mg (11.9%), Vitamin B12: 0.68µg (11.3%), Vitamin D: 1.51µg (10.09%), Vitamin A: 333.89IU (6.68%), Vitamin E: 0.75mg (5.02%), Vitamin K: 3.18µg (3.03%)