



Mocha Fudge Bread Pudding

READY IN



45 min.

SERVINGS



9

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 0.5 cup egg substitute
- ☐ 2 large egg whites
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 Dash salt
- ☐ 1.3 cups semi chocolate chips
- ☐ 1 cup strong coffee decoction hot brewed
- ☐ 1 teaspoon vanilla extract
- ☐ 8 cups sandwich bread white cubed (1-inch) (10 ounces)

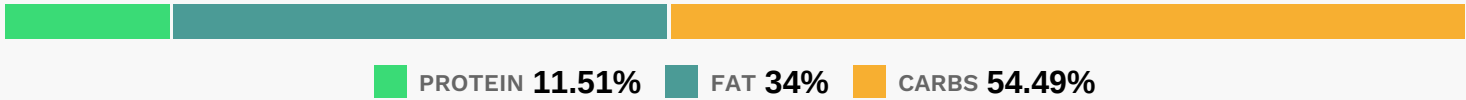
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine low-fat milk, hot coffee, and dark brown sugar in a medium saucepan over medium-high heat; bring to a simmer, stirring until brown sugar dissolves.
- ☐ Remove from heat, and cool to room temperature.
- ☐ Add egg substitute, vanilla extract, salt, and egg whites, stirring with a whisk.
- ☐ Combine egg mixture and bread in a large bowl, tossing gently to coat.
- ☐ Let stand 30 minutes.
- ☐ Spoon half of bread mixture into an 8-inch square baking dish coated with cooking spray, and sprinkle evenly with chocolate chips. Top chocolate chips with remaining bread mixture.
- ☐ Bake at 350 for 45 minutes or until center is set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:14.03, Inflammation Score:-4, Nutrition Score:11.000434800982%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
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0.01mg

Nutrients (% of daily need)

Calories: 302.76kcal (15.14%), Fat: 11.36g (17.48%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 38.05g (13.84%), Sugar: 19.35g (21.5%), Cholesterol: 3.25mg (1.08%), Sodium: 252.23mg (10.97%), Alcohol: 0.15g (100%), Alcohol %: 0.13% (100%), Caffeine: 32.03mg (10.68%), Protein: 8.66g (17.31%), Manganese: 0.58mg (29.09%), Selenium: 19.16µg (27.37%), Copper: 0.37mg (18.51%), Iron: 3.24mg (18%), Vitamin B1: 0.25mg (16.72%), Calcium: 159.85mg (15.99%), Phosphorus: 157.97mg (15.8%), Magnesium: 63.2mg (15.8%), Vitamin B2: 0.26mg (15.37%), Folate: 48.11µg (12.03%), Fiber: 2.92g (11.68%), Vitamin B3: 2.24mg (11.19%), Potassium: 306.18mg (8.75%), Zinc: 1.31mg (8.7%), Vitamin B5: 0.73mg (7.26%), Vitamin B12: 0.31µg (5.17%), Vitamin B6: 0.09mg (4.36%), Vitamin D: 0.6µg (3.99%), Vitamin E: 0.46mg (3.05%), Vitamin A: 111.43IU (2.23%), Vitamin K: 1.97µg (1.87%)