



Nutella Banana Brioche Bread Pudding

READY IN



157 min.

SERVINGS



16

CALORIES



398 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 3 bananas ripe
- 2 cups cup heavy whipping cream
- 0.8 inch egg bread thick
- 8 large eggs
- 0.3 cup frangelico (recommended: Frangelico)
- 13 ounce nutella
- 2 cups sugar
- 1 tablespoon vanilla extract

2 cups milk whole

Equipment

bowl

oven

whisk

baking pan

Directions

Spray or butter a 13 by 9 by 2-inch baking dish.

Spread the Nutella on all your bread slices, then put 2 slices together to make 6 sandwiches.

Cut each sandwich into 8 pieces and toss them into a large bowl. Crack your eggs in another large bowl and whisk in the cream, milk, sugar, hazelnut liqueur, vanilla and almond extracts.

Pour this mixture over the sandwich cubes. Now, mash your bananas and stir that into the bread cube mixture.

Pour into the prepared baking dish.

Let stand at least 1 hour and up to 2 hours, occasionally pressing the bread into the custard mixture. (Can be prepared 2 hours ahead. Cover and refrigerate.)

Preheat the oven to 350 degrees F.

Bake until the pudding is set in the center, 45 to 50 minutes. Cool slightly.

Serve warm.

Nutrition Facts



PROTEIN 6.44% **FAT 47.04%** **CARBS 46.52%**

Properties

Glycemic Index:12.01, Glycemic Load:24.29, Inflammation Score:-4, Nutrition Score:8.0152174493541%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:

0.01mg

Nutrients (% of daily need)

Calories: 398.34kcal (19.92%), Fat: 21.1g (32.45%), Saturated Fat: 14.76g (92.25%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 45.12g (16.41%), Sugar: 42.64g (47.37%), Cholesterol: 130.34mg (43.45%), Sodium: 65.57mg (2.85%), Alcohol: 0.32g (100%), Alcohol %: 0.26% (100%), Protein: 6.49g (12.99%), Vitamin B2: 0.27mg (16.1%), Selenium: 10.38µg (14.83%), Phosphorus: 137.62mg (13.76%), Manganese: 0.27mg (13.6%), Vitamin A: 636.84IU (12.74%), Vitamin E: 1.72mg (11.44%), Calcium: 97.6mg (9.76%), Vitamin D: 1.31µg (8.75%), Iron: 1.55mg (8.62%), Vitamin B6: 0.17mg (8.6%), Vitamin B12: 0.5µg (8.29%), Potassium: 283.49mg (8.1%), Copper: 0.15mg (7.47%), Magnesium: 29.59mg (7.4%), Vitamin B5: 0.73mg (7.3%), Fiber: 1.82g (7.29%), Zinc: 0.8mg (5.34%), Folate: 20.71µg (5.18%), Vitamin B1: 0.06mg (4.01%), Vitamin C: 2.1mg (2.55%), Vitamin B3: 0.33mg (1.63%), Vitamin K: 1.67µg (1.59%)