



Red Velvet Bread Pudding

READY IN



110 min.

SERVINGS



8

CALORIES



1008 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 pound butter at room temperature 2 sticks
- ☐ 1 cup buttermilk
- ☐ 2.5 cups cake flour
- ☐ 2 tablespoons cocoa powder
- ☐ 0.8 cup confectioners' sugar
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 large egg yolk
- ☐ 2 eggs

- ☐ 3 large eggs
- ☐ 3 cups half-and-half
- ☐ 2 ounces food coloring red
- ☐ 1 pinch salt
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream for serving
- ☐ 1 tablespoon vinegar

Equipment

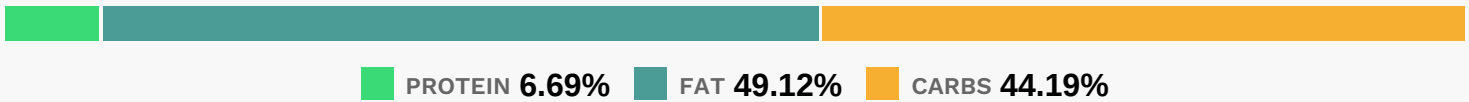
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F. Greased 9 by 13 by 2-inch sheet pan.
- ☐ In a mixing bowl, cream the sugar and butter, beat until light and fluffy.
- ☐ Add the eggs 1 at a time and mix well after each addition.
- ☐ Mix cocoa and food coloring together and then add to sugar mixture; mix well. Sift together flour and salt.
- ☐ Add flour mixture to the creamed mixture alternately with buttermilk. Blend in vanilla.
- ☐ In a small bowl, combine baking soda and vinegar and add to mixture.

- ☐ Pour batter into the prepared sheet pan.
- ☐ Bake for 20 to 25 minutes or until a toothpick inserted into the center comes out clean.
- ☐ Remove from heat and cool completely. When the cake is cooled, cut into 1-inch cubes.
- ☐ Place cubes onto 11 by 17-inch cookie sheet.
- ☐ Place in oven for 10 minutes.
- ☐ Combine the half-and-half, eggs, egg yolk, salt, and vanilla in a medium bowl. With an electric hand mixer in a large bowl, beat the cream cheese and sugar until smooth.
- ☐ Mix in the half-and-half mixture.
- ☐ Place the red velvet cubes in a large baking dish or 8 individual ramekins.
- ☐ Add the pudding mixture to the dish. Make sure the cake cubes are completely covered.
- ☐ Bake for about 30 minutes, or until the pudding is set.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:44.51, Glycemic Load:63.36, Inflammation Score:-8, Nutrition Score:15.491304242093%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1007.91kcal (50.4%), Fat: 55.81g (85.85%), Saturated Fat: 33.06g (206.62%), Carbohydrates: 112.96g (37.65%), Net Carbohydrates: 111.1g (40.4%), Sugar: 81.52g (90.58%), Cholesterol: 287.31mg (95.77%), Sodium: 820.01mg (35.65%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 17.11g (34.22%), Selenium: 34.31µg (49.02%), Vitamin A: 1929.88IU (38.6%), Vitamin B2: 0.65mg (38.04%), Phosphorus: 332.52mg (33.25%), Calcium: 278.22mg (27.82%), Manganese: 0.38mg (19.14%), Vitamin B5: 1.65mg (16.47%), Vitamin B12: 0.98µg (16.41%), Zinc: 1.95mg (12.99%), Potassium: 439.36mg (12.55%), Vitamin E: 1.87mg (12.48%), Magnesium: 44.2mg (11.05%), Folate: 41.3µg (10.33%), Copper: 0.18mg (9.12%), Vitamin B6: 0.18mg (8.93%), Vitamin B1: 0.12mg (8.28%), Vitamin D: 1.23µg (8.21%), Fiber: 1.86g (7.45%), Iron: 1.29mg (7.17%), Vitamin K: 4.3µg (4.1%), Vitamin B3: 0.68mg (3.42%), Vitamin C: 1.21mg (1.47%)