



Rocky Road Bread Pudding With Marshmallow Sauce

READY IN



65 min.

SERVINGS



16

CALORIES



570 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 6 ounces bittersweet chocolate melted
- ☐ 2 tablespoons brandy
- ☐ 1 loaf day-old brioche cut into large cubes
- ☐ 8 large egg yolks
- ☐ 8 large eggs
- ☐ 1 pound marshmallows
- ☐ 2 ounces pecans toasted

- ☐ 1.5 cups sugar
- ☐ 1 stick butter unsalted melted
- ☐ 2 quart milk whole

Equipment

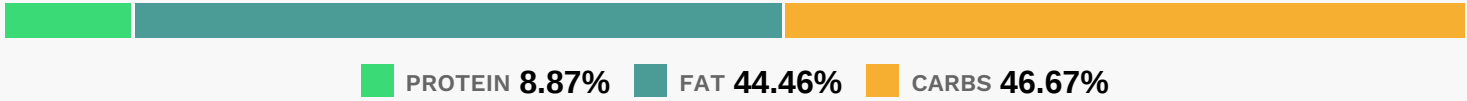
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ toothpicks
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Butter an 8 by 8-inch baking pan.
- ☐ To make the bread pudding.
- ☐ Put the brioche in a large bowl. In a medium bowl, whisk egg, yolks, and sugar until combined.
- ☐ Add milk, butter, brandy, and melted chocolate and whisk until combined.
- ☐ Pour mixture over cut brioche and let rest for 5 minutes.
- ☐ Add chopped chocolate, 1/4 of the marshmallows, and toasted pecans and stir gently to mix.
- ☐ Pour into buttered pan and cover aluminum foil. Put in a large roasting pan and place in oven.
- ☐ Pour hot water into the pan until pan is 1/2 full.
- ☐ Bake for 30 minutes.
- ☐ Remove foil and bake 15 minutes more, or until an inserted toothpick or knife is removed clean.

- ☐ To make the marshmallow sauce. In a small pot, add 1/4 cup of water, bring to a boil, and add remaining marshmallows. Stir constantly until melted. To serve, cut a 1/2-inch square of bread pudding and garnish with some sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:29.13, Inflammation Score:-5, Nutrition Score:11.932608751661%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 569.64kcal (28.48%), Fat: 28.47g (43.79%), Saturated Fat: 14.3g (89.39%), Carbohydrates: 67.23g (22.41%), Net Carbohydrates: 65.44g (23.8%), Sugar: 47.52g (52.8%), Cholesterol: 251.58mg (83.86%), Sodium: 207.08mg (9%), Alcohol: 0.63g (100%), Alcohol %: 0.32% (100%), Caffeine: 15.24mg (5.08%), Protein: 12.78g (25.57%), Phosphorus: 262.05mg (26.2%), Selenium: 16.97µg (24.24%), Manganese: 0.41mg (20.71%), Vitamin B2: 0.34mg (20.12%), Calcium: 198.8mg (19.88%), Vitamin B12: 1.07µg (17.85%), Vitamin A: 818.65IU (16.37%), Copper: 0.32mg (15.99%), Vitamin D: 2.37µg (15.77%), Magnesium: 53.8mg (13.45%), Iron: 2.17mg (12.05%), Vitamin B5: 1.17mg (11.72%), Zinc: 1.65mg (11.02%), Potassium: 339.72mg (9.71%), Vitamin B1: 0.12mg (8.07%), Vitamin B6: 0.16mg (7.95%), Fiber: 1.79g (7.14%), Folate: 25.43µg (6.36%), Vitamin E: 0.86mg (5.73%), Vitamin K: 2.38µg (2.27%), Vitamin B3: 0.36mg (1.8%)