



Sunny's Double Chocolate Bread Pudding with Bourbon Whipped Cream

 Vegetarian

READY IN



110 min.

SERVINGS



20

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.5 cup brown sugar
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 6 tablespoons butter cold cut into small cubes
- ☐ 1.5 cups chocolate syrup such as hershey's
- ☐ 1 loaf cinnamon raisin bread stale cut into 1-inch squares

- ☐ 6 croissants stale cut into 1-inch chunks
- ☐ 6 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 6 cups milk
- ☐ 5 to 6 scrapes nutmeg fresh
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon maldon sea salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 tablespoon sugar

Equipment

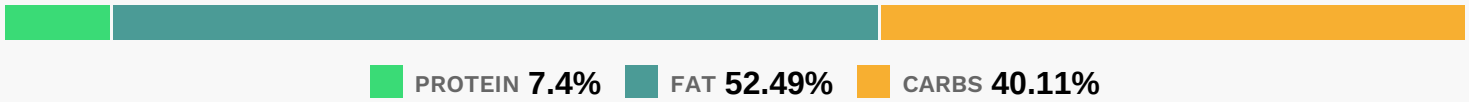
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ For the bread pudding: Preheat the oven to 350 degrees. Prepare the bottom and sides of the baking dish with the butter.
- ☐ In a large bowl, add the croissant and bread chunks along with the chocolate chips sprinkled over the top. Toss gently and pour into the prepared dish making sure all the chocolate chips don't settle on the bottom.
- ☐ In a large bowl, whisk together the milk, chocolate syrup, brown sugar, cinnamon, salt, nutmeg and eggs.
- ☐ Pour the chocolate custard over the bread in the baking dish and press the bread down into the custard to soak it up. Allow to rest for 10 minutes. Then press down a bit again.

- ☐ For the topping: In a medium bowl, toss the butter and with the flour to coat all sides of the butter. Then add the pecans, brown sugar, salt and cinnamon.
- ☐ Mix together with your hands to get the butter to blend into all the ingredients.
- ☐ Sprinkle evenly over the top of the baking dish.
- ☐ Bake uncovered until the edges are golden brown and the center springs back a bit when touched, 45 to 50 minutes. Allow it to cool and settle for about 30 minutes and then make pretty squares, or just dig in right away.
- ☐ Serve with a dollop of Bourbon Whipped Cream. Can also be served cold.
- ☐ In a large bowl, whisk heavy cream until soft peaks form.
- ☐ Add the bourbon and sugar and continue to whisk until stiff peaks form when the whisk is removed from the bowl. Refrigerate and serve cold.

Nutrition Facts



Properties

Glycemic Index:26.05, Glycemic Load:7.22, Inflammation Score:-5, Nutrition Score:9.885652139135%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 399.32kcal (19.97%), Fat: 23.49g (36.13%), Saturated Fat: 11.93g (74.55%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 38.01g (13.82%), Sugar: 28.35g (31.5%), Cholesterol: 95.37mg (31.79%), Sodium: 345.29mg (15.01%), Alcohol: 0.25g (100%), Alcohol %: 0.19% (100%), Caffeine: 9.09mg (3.03%), Protein: 7.45g (14.9%), Manganese: 0.52mg (26.25%), Phosphorus: 194.69mg (19.47%), Selenium: 11.36µg (16.23%), Copper: 0.32mg (16.12%), Vitamin B2: 0.25mg (14.9%), Calcium: 132.89mg (13.29%), Magnesium: 52.29mg (13.07%), Vitamin A: 639.89IU (12.8%), Vitamin B1: 0.16mg (10.71%), Iron: 1.87mg (10.39%), Vitamin B12: 0.58µg (9.75%), Fiber: 2.38g (9.51%), Zinc: 1.28mg (8.53%), Potassium: 295.22mg (8.43%), Vitamin D: 1.26µg (8.4%), Vitamin B5: 0.75mg (7.45%), Folate: 25.32µg (6.33%), Vitamin B6: 0.1mg (5.02%), Vitamin E: 0.69mg (4.58%), Vitamin B3: 0.74mg (3.69%), Vitamin K: 2.29µg (2.18%)