



Tiramisu Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



623 kcal

DESSERT

Ingredients

- 2 large eggs lightly beaten
- 8 cups bread french cubed (1-inch) (8 ounces)
- 1.5 tablespoons espresso powder instant
- 2 tablespoons rum / brandy / coffee liqueur (coffee-flavored liqueur)
- 2 cups milk 1% low-fat divided
- 0.3 cup mascarpone cheese
- 0.3 cup sugar
- 2 teaspoons cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 0.5 cup water

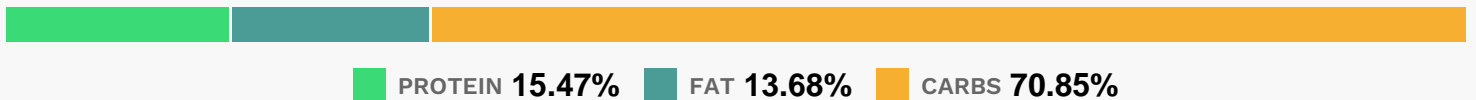
Equipment

- bowl
- sauce pan
- whisk
- slow cooker

Directions

- Combine first 3 ingredients in a small saucepan. Bring to a boil; boil 1 minute, stirring occasionally.
- Remove from heat; stir in liqueur.
- Combine 1 3/4 cups milk and eggs in a large bowl, stirring with a whisk.
- Add espresso mixture, stirring with whisk.
- Add bread, stirring to coat.
- Pour bread mixture into a 2 1/2-quart round casserole coated with cooking spray.
- Place dish in an oval 7-quart electric slow cooker. Cover and cook on LOW for 2 hours or until set.
- Combine remaining 1/4 cup milk, mascarpone cheese, and vanilla in a small bowl, stirring with a whisk until smooth. Spoon bread pudding into dessert dishes; top each with mascarpone sauce, and sprinkle with cocoa.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:80.38, Inflammation Score:-7, Nutrition Score:25.740434931672%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 623.37kcal (31.17%), Fat: 9.42g (14.49%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 109.68g (36.56%), Net Carbohydrates: 105.44g (38.34%), Sugar: 19.23g (21.37%), Cholesterol: 47.06mg (15.69%), Sodium: 1177.39mg (51.19%), Alcohol: 0.79g (100%), Alcohol %: 0.36% (100%), Caffeine: 24.01mg (8%), Protein: 23.96g (47.91%), Vitamin B1: 1.38mg (91.67%), Selenium: 58.36µg (83.37%), Folate: 238.51µg (59.63%), Vitamin B2: 0.92mg (54.27%), Manganese: 1.02mg (50.88%), Vitamin B3: 9.4mg (47.01%), Iron: 7.64mg (42.45%), Phosphorus: 270.91mg (27.09%), Magnesium: 71.05mg (17.76%), Calcium: 175.77mg (17.58%), Fiber: 4.24g (16.95%), Zinc: 2.32mg (15.46%), Copper: 0.31mg (15.33%), Vitamin B6: 0.25mg (12.42%), Potassium: 340.61mg (9.73%), Vitamin B5: 0.96mg (9.57%), Vitamin B12: 0.38µg (6.28%), Vitamin A: 251.51IU (5.03%), Vitamin D: 0.72µg (4.79%), Vitamin E: 0.51mg (3.41%), Vitamin K: 1.42µg (1.35%)