



WHATSheATE



Warm Chocolate Bread Pudding with Turtle Topping

READY IN



45 min.

SERVINGS



6

CALORIES



811 kcal

DESSERT

Ingredients

- ☐ 5 cups day-old bread french cubed (1-inch)
- ☐ 0.3 cup caramel sundae syrup (such as Hershey's)
- ☐ 1 large egg white
- ☐ 3 large eggs lightly beaten
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 0.3 cup milk chocolate chips (such as Hershey's)
- ☐ 0.3 cup pecans chopped
- ☐ 0.7 cup sugar

- ☐ 0.3 cup cocoa unsweetened (such as Hershey's)
- ☐ 2 teaspoons vanilla extract

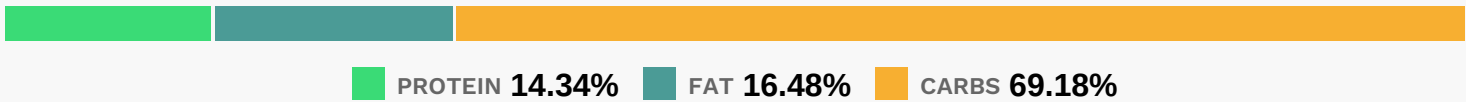
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add bread, pressing down with a spatula to soak. Spoon bread mixture into a 2-quart baking dish coated with cooking spray.
- ☐ Bake at 350 for 50 minutes.
- ☐ Drizzle with caramel syrup, and sprinkle with nuts.
- ☐ Bake an additional 5 minutes or until caramel syrup is bubbly.
- ☐ Place chocolate chips in a small glass bowl or heavy-duty zip-top bag; microwave at high for 30 seconds or until melted.
- ☐ Drizzle over the bread pudding.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:94.41, Inflammation Score:-8, Nutrition Score:31.937391358873%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 810.83kcal (40.54%), Fat: 15.08g (23.2%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 142.46g (47.49%), Net Carbohydrates: 136.36g (49.59%), Sugar: 46.46g (51.62%), Cholesterol: 100.87mg (33.62%), Sodium: 1310.94mg (57%), Alcohol: 0.46g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.24mg (2.75%), Protein: 29.52g (59.04%), Vitamin B1: 1.48mg (98.75%), Selenium: 68.56µg (97.94%), Manganese: 1.4mg (70.25%), Vitamin B2: 1.18mg (69.54%), Folate: 261.72µg (65.43%), Iron: 8.8mg (48.87%), Vitamin B3: 9.75mg (48.77%), Phosphorus: 390.44mg (39.04%), Copper: 0.52mg (25.88%), Magnesium: 101.52mg (25.38%), Calcium: 253.01mg (25.3%), Fiber: 6.1g (24.4%), Zinc: 3.3mg (22%), Vitamin B6: 0.31mg (15.26%), Potassium: 514.95mg (14.71%), Vitamin B5: 1.47mg (14.66%), Vitamin B12: 0.77µg (12.76%), Vitamin E: 0.78mg (5.19%), Vitamin A: 246.32IU (4.93%), Vitamin D: 0.5µg (3.33%), Vitamin K: 1.9µg (1.81%)