



White Choco-Berry Bread Pudding

READY IN



75 min.

SERVINGS



15

CALORIES



311 kcal

DESSERT

Ingredients

- 1 lb bread baguette french cut into 1/2-inch cubes
- 0.3 cup butter melted
- 1 cup baker's premium chocolate morsels white
- 3 eggs
- 6.8 oz jell-o vanilla flavor pudding instant
- 5 cups milk cold
- 1.5 cups raspberries red frozen thawed drained
- 0.5 cup planters slivered almonds

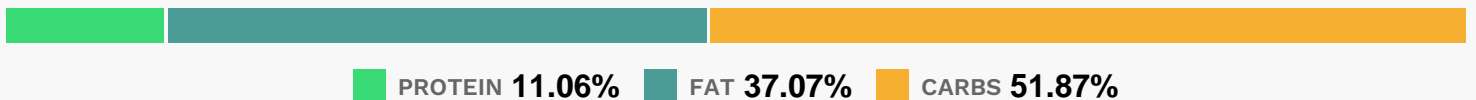
Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Toss bread with butter; spread onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Sprinkle with raspberries and chocolate morsels.
- Beat pudding mixes and milk in large bowl with whisk 2 min. Reserve 1-1/2 cups pudding for later use; refrigerate until ready to use.
- Whisk eggs into remaining pudding until blended; pour over ingredients in baking dish.
- Bake 20 min.
- Sprinkle with nuts; bake 15 to 20 min. or until knife inserted in center comes out clean. Cool slightly.
- Cook reserved pudding in saucepan 5 min. or until heated through, stirring constantly; serve spooned over bread pudding.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:18.7, Inflammation Score:-4, Nutrition Score:9.8813044506571%

Flavonoids

Cyanidin: 5.58mg, Cyanidin: 5.58mg, Cyanidin: 5.58mg, Cyanidin: 5.58mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 311.31kcal (15.57%), Fat: 12.99g (19.99%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 38.92g (14.15%), Sugar: 23.31g (25.89%), Cholesterol: 45.02mg (15.01%), Sodium: 353.69mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin B2: 0.36mg (21.42%), Selenium: 13.72µg (19.6%), Vitamin B1: 0.28mg (18.86%), Phosphorus: 174.37mg (17.44%), Manganese: 0.33mg (16.44%), Calcium: 159.03mg (15.9%), Folate: 46.31µg (11.58%), Vitamin B12: 0.59µg (9.81%), Vitamin E: 1.46mg (9.7%), Vitamin B3: 1.84mg (9.21%), Iron: 1.59mg (8.84%), Magnesium: 34.41mg (8.6%), Fiber: 2g (7.99%), Potassium: 252.51mg (7.21%), Vitamin D: 1.07µg (7.14%), Zinc: 1.02mg (6.77%), Vitamin B5: 0.67mg (6.72%), Vitamin A: 322.21IU (6.44%), Vitamin B6: 0.12mg (5.78%), Copper: 0.11mg (5.54%), Vitamin C: 3.21mg (3.89%), Vitamin K: 2.51µg (2.39%)