



White Chocolate-Berry Bread Pudding

 Gluten Free

READY IN



610 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 1.3 cups milk
- ☐ 0.8 cup chocolate white grated
- ☐ 0.7 cup sugar
- ☐ 3.5 cups milk
- ☐ 1.5 cups whipping cream
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon vanilla
- ☐ 4 eggs

- ☐ 1 cup raspberries unsweetened frozen thaw (do not)
- ☐ 1 cup blueberries unsweetened frozen thaw (do not)
- ☐ 0.3 cup sugar
- ☐ 1 cup raspberries unsweetened frozen thaw (do not)
- ☐ 1 cup blueberries unsweetened frozen thaw (do not)
- ☐ 0.5 cup water
- ☐ 1 serving poached berries fresh
- ☐ 4.5 cups frangelico
- ☐ 2 tablespoons frangelico

Equipment

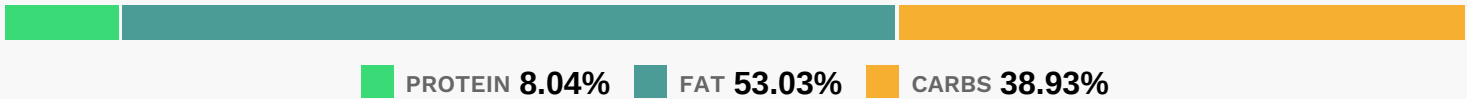
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Heat oven to 450°F. Butter bottom and sides of 13x9-inch (3-quart) glass baking dish. In large bowl, stir 4 1/2 cups Bisquick mix and 1 1/3 cups milk with spoon until soft dough forms. Drop dough by heaping tablespoonfuls onto ungreased large cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden. Cool on cooling rack, about 30 minutes.
- ☐ Break up biscuits into random-sized pieces; spread in baking dish.
- ☐ Sprinkle with grated baking bars. In large bowl, beat 2/3 cup sugar, the milk, whipping cream, butter, vanilla and eggs with electric mixer on low speed until blended.

- ☐ Pour over biscuits in baking dish. Cover and refrigerate at least 8 hours but no longer than 24 hours.
- ☐ Heat oven to 350°F. Stir 1 cup frozen raspberries and 1 cup frozen blueberries into biscuit mixture.
- ☐ Bake uncovered about 1 hour or until top is golden brown and toothpick inserted in center comes out clean.
- ☐ In 1-quart saucepan, place 1/3 cup sugar and 2 tablespoons Bisquick mix. Stir in 1 cup frozen raspberries, 1 cup frozen blueberries and the water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat.
- ☐ Serve pudding warm topped with sauce.
- ☐ Garnish with fresh berries. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:18.26, Inflammation Score:-5, Nutrition Score:8.5882609305174%

Flavonoids

Cyanidin: 11.24mg, Cyanidin: 11.24mg, Cyanidin: 11.24mg, Cyanidin: 11.24mg Petunidin: 7.85mg, Petunidin: 7.85mg, Petunidin: 7.85mg, Petunidin: 7.85mg Delphinidin: 9.02mg, Delphinidin: 9.02mg, Delphinidin: 9.02mg, Delphinidin: 9.02mg Malvidin: 16.74mg, Malvidin: 16.74mg, Malvidin: 16.74mg, Malvidin: 16.74mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 334.12kcal (16.71%), Fat: 20.07g (30.88%), Saturated Fat: 11.13g (69.57%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 31.24g (11.36%), Sugar: 30.64g (34.04%), Cholesterol: 101.7mg (33.9%), Sodium: 96.84mg (4.21%), Alcohol: 0.37g (100%), Alcohol %: 0.21% (100%), Protein: 6.85g (13.69%), Vitamin B2: 0.3mg (17.92%),

Calcium: 172.92mg (17.29%), Phosphorus: 169.45mg (16.94%), Vitamin A: 781.63IU (15.63%), Vitamin B12: 0.76µg (12.62%), Vitamin D: 1.85µg (12.34%), Manganese: 0.23mg (11.46%), Selenium: 7.8µg (11.14%), Vitamin C: 7.86mg (9.53%), Vitamin B5: 0.82mg (8.16%), Vitamin K: 8.38µg (7.98%), Potassium: 271.67mg (7.76%), Fiber: 1.91g (7.64%), Vitamin E: 0.94mg (6.29%), Vitamin B6: 0.12mg (6.21%), Vitamin B1: 0.09mg (5.86%), Magnesium: 22.81mg (5.7%), Zinc: 0.85mg (5.68%), Folate: 14.37µg (3.59%), Iron: 0.52mg (2.91%), Copper: 0.06mg (2.77%), Vitamin B3: 0.42mg (2.11%)