



White Chocolate Bread Pudding with Red Berry Sauce

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



744 kcal

DESSERT

Ingredients

- ☐ 6 oz chocolate white coarsely chopped (6 bars)
- ☐ 3 cups milk
- ☐ 6 cups bread french cubed (1-inch) (6 oz)
- ☐ 2 eggs
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla

- ☐ 10 oz raspberries sweetened frozen thawed
- ☐ 0.8 cup cranberry juice cocktail
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons cornstarch

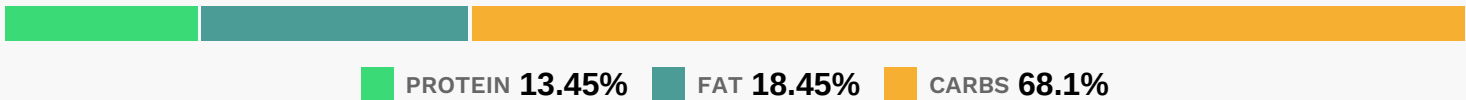
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve

Directions

- ☐ Heat oven to 350°F. Grease 2-quart casserole with shortening or spray with cooking spray. In 3-quart saucepan, cook white chocolate and milk over medium heat about 5 minutes, stirring frequently, until white chocolate is melted (do not boil). Stir in bread cubes; set aside.
- ☐ In large bowl, beat eggs. Stir in all remaining bread pudding ingredients until well blended. Stir in bread mixture.
- ☐ Pour into casserole.
- ☐ Bake 45 to 55 minutes or until knife inserted in center comes out clean. Cool on wire rack 30 minutes.
- ☐ Meanwhile, in 2-quart saucepan, combine all sauce ingredients. Cook over medium heat about 4 minutes, stirring constantly, until mixture comes to a boil and thickens.
- ☐ Place strainer over 2-cup serving bowl; pour raspberry mixture into strainer. Press mixture with back of spoon through strainer to remove seeds; discard seeds.
- ☐ Serve warm bread pudding with sauce.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:90.28, Inflammation Score:-8, Nutrition Score:29.65434783438%

Flavonoids

Cyanidin: 16.31mg, Cyanidin: 16.31mg, Cyanidin: 16.31mg, Cyanidin: 16.31mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 744.4kcal (37.22%), Fat: 15.38g (23.66%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 127.75g (42.58%), Net Carbohydrates: 121.35g (44.13%), Sugar: 38.87g (43.19%), Cholesterol: 56.37mg (18.79%), Sodium: 1138.89mg (49.52%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 25.24g (50.48%), Vitamin B1: 1.34mg (89.35%), Selenium: 57.06µg (81.51%), Manganese: 1.23mg (61.66%), Vitamin B2: 1.01mg (59.41%), Folate: 232.37µg (58.09%), Vitamin B3: 9.04mg (45.21%), Iron: 7.49mg (41.58%), Phosphorus: 348.89mg (34.89%), Calcium: 265.55mg (26.55%), Fiber: 6.4g (25.6%), Vitamin C: 19.43mg (23.56%), Magnesium: 79.94mg (19.98%), Zinc: 2.68mg (17.89%), Copper: 0.33mg (16.42%), Vitamin B6: 0.3mg (14.81%), Potassium: 479.74mg (13.71%), Vitamin B5: 1.36mg (13.62%), Vitamin B12: 0.71µg (11.85%), Vitamin D: 1.23µg (8.18%), Vitamin E: 1.1mg (7.36%), Vitamin K: 6.56µg (6.25%), Vitamin A: 228.34IU (4.57%)