



WHATSheATE



White Chocolate Bread Pudding with Red Berry Sauce



Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



819 kcal

DESSERT

Ingredients

- ☐ 6 oz chocolate white coarsely chopped (6 bars)
- ☐ 2 tablespoons cornstarch
- ☐ 0.8 cup cranberry juice cocktail
- ☐ 2 eggs
- ☐ 6 cups bread french cubed (1-inch) (6 oz)
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 cups milk

- ☐ 10 oz karo syrup sweetened frozen thawed
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla

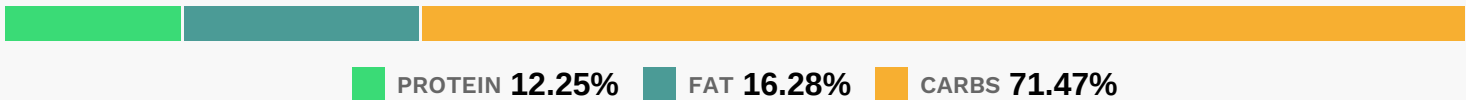
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:49.21, Glycemic Load:89.78, Inflammation Score:-7, Nutrition Score:27.440000181613%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 818.82kcal (40.94%), Fat: 15.15g (23.31%), Saturated Fat: 7.11g (44.46%), Carbohydrates: 149.69g (49.9%), Net Carbohydrates: 145.6g (52.94%), Sugar: 58.4g (64.89%), Cholesterol: 56.37mg (18.79%), Sodium: 1163.7mg (50.6%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 25.66g (51.32%), Vitamin B1: 1.33mg (88.6%), Selenium: 56.99µg (81.41%), Vitamin B2: 1mg (58.62%), Folate: 224.93µg (56.23%), Manganese: 1mg (49.79%), Vitamin B3: 8.83mg (44.15%), Iron: 7.24mg (40.23%), Phosphorus: 338.62mg (33.86%), Calcium: 280.32mg (28.03%), Magnesium: 72.14mg (18.03%), Zinc: 2.53mg (16.89%), Fiber: 4.1g (16.39%), Copper: 0.3mg (14.83%), Vitamin B6: 0.28mg (13.84%), Vitamin B5: 1.25mg (12.45%), Vitamin C: 10.15mg (12.3%), Potassium: 426.23mg (12.18%), Vitamin B12: 0.71µg (11.85%), Vitamin D: 1.23µg (8.18%), Vitamin E: 0.8mg (5.31%), Vitamin A: 216.64IU (4.33%), Vitamin K: 3.8µg (3.62%)