



White Chocolate Bread Pudding with White Chocolate Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



231 kcal

DESSERT

Ingredients

- 9 servings butter for greasing the pan
- 1 large eggs
- 5 large egg yolk
- 225 grams crusty baguette french cut into 1-inch cubes
- 120 mL cup heavy whipping cream
- 1 teaspoon vanilla extract
- 55 grams chocolate white finely chopped

180 mL milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- baking pan

Directions

- Place an oven rack in the middle position. Preheat the oven to 375°F (190°C). Butter an 8 x 8-inch square baking dish. Scatter the bread cubes into the pan.
- To make the pudding: In a medium size heavy duty saucepan, heat the cream, milk, sugar, and chocolate over medium-low heat just until the chocolate is melted, stirring constantly.
- Remove the pan from the heat.
- Whisk in the egg, egg yolks, and vanilla until completely incorporated.
- Pour the custard over the bread cubes and press down on the bread cubes to soak.
- Let the mixture sit for 10 minutes, pressing onto the bread cubes a few times so that they soak evenly.
- Bake until golden and just set, about 30 to 35 minutes.
- Let the pan cool on a wire rack.
- Serve warm.
- To make the sauce: In a large heatproof bowl, heat the chocolate with the cream, gently whisking, until the chocolate is melted and the mixture is smooth.
- Serve immediately.

Nutrition Facts



■ PROTEIN 10.45% ■ FAT 59.37% ■ CARBS 30.18%

Properties

Glycemic Index:25.53, Glycemic Load:11.14, Inflammation Score:-4, Nutrition Score:6.5526086921277%

Nutrients (% of daily need)

Calories: 231.15kcal (11.56%), Fat: 15.23g (23.43%), Saturated Fat: 8.44g (52.73%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 16.89g (6.14%), Sugar: 6.29g (6.99%), Cholesterol: 152.33mg (50.78%), Sodium: 216.07mg (9.39%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Protein: 6.03g (12.07%), Selenium: 12.41µg (17.73%), Vitamin B2: 0.23mg (13.44%), Vitamin B1: 0.18mg (12.18%), Phosphorus: 112.18mg (11.22%), Folate: 44.26µg (11.07%), Vitamin A: 523.56IU (10.47%), Calcium: 89.18mg (8.92%), Vitamin D: 1.06µg (7.08%), Iron: 1.25mg (6.93%), Vitamin B12: 0.41µg (6.82%), Manganese: 0.13mg (6.26%), Vitamin B5: 0.62mg (6.16%), Vitamin B3: 1.22mg (6.11%), Vitamin E: 0.68mg (4.55%), Vitamin B6: 0.09mg (4.47%), Zinc: 0.65mg (4.36%), Potassium: 111.98mg (3.2%), Magnesium: 11.94mg (2.98%), Copper: 0.05mg (2.36%), Fiber: 0.54g (2.15%), Vitamin K: 2.23µg (2.12%)