

Chocolate-Walnut Bread Pudding with Coffee-Kahlua Cream Sauce

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Servings: 12

*6 cups dried French bread cubes
1 1/4 cups semisweet chocolate pieces
1 cup walnuts, coarsely chopped
4 eggs, lightly beaten
3 cups milk
1 cup sugar
1 tablespoon vanilla
COFFEE-KAHLUA CREAM
SAUCE
1/2 cup sugar
4 teaspoons cornstarch
1 cup whipping cream
1/2 cup freshly brewed strong coffee
1/2 cup Kahlua*

Preparation Time: 20 minutes

Bake: 50 minutes

Preheat the oven to 350 degrees.

Generously grease a three-quart rectangular baking dish. Spread the bread cubes in the prepared baking dish. Sprinkle with the chocolate pieces and walnuts.

In a large bowl, combine the eggs, milk, sugar and vanilla. Pour the egg mixture evenly over the bread mixture. Using the back of a large spoon, gently press down on the bread mixture to soften.

Bake for 50 to 60 minutes or until a knife inserted near the center comes out clean. If necessary to prevent overbrowning, cover loosely with foil for the last 5 to 10 minutes of baking. Cool slightly.

Make the Kahlua Cream Sauce: In a medium saucepan, stir together the sugar and cornstarch. Add the whipping cream, coffee and Kahlua. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more.

Per Serving (excluding unknown items): 336 Calories; 17g Fat (46.8% calories from fat); 7g Protein; 36g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	336
% Calories from Fat:	46.8%
% Calories from Carbohydrates:	44.6%
% Calories from Protein:	8.6%
Total Fat (g):	17g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	106mg
Carbohydrate (g):	36g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	62mg
Potassium (mg):	188mg
Calcium (mg):	101mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	481IU
Vitamin A (r.e.):	133RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	19mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	42
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	336	Calories from Fat: 157
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% Daily Values*

Total Fat	17g	26%
Saturated Fat	7g	34%
Cholesterol	106mg	35%
Sodium	62mg	3%
Total Carbohydrates	36g	12%
Dietary Fiber	1g	2%
Protein	7g	

Vitamin A	10%
Vitamin C	2%
Calcium	10%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.