



Apricots in Caramel Cognac Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

SAUCE

Ingredients

- ☐ 4 cups apricots fresh firm pitted quartered
- ☐ 0.3 cup cognac
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup sugar
- ☐ 4 servings accompaniment: vanilla ice cream
- ☐ 0.5 cup water

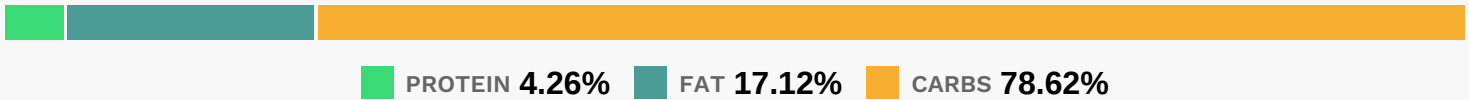
Equipment

- ☐ frying pan

Directions

- ☐
- Cook sugar in a dry 12-inch heavy skillet over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel, 8 to 10 minutes. Carefully add water, then add Cognac and lemon juice (caramel will harden and steam vigorously) and cook over moderately low heat, stirring, until caramel is dissolved. Stir in apricots and simmer, stirring occasionally, until apricots are tender but still hold their shape, about 10 minutes.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:50, Inflammation Score:-9, Nutrition Score:10.165652000386%

Flavonoids

Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg, Catechin: 5.69mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 439.82kcal (21.99%), Fat: 8.04g (12.37%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 83.1g (27.7%), Net Carbohydrates: 79.51g (28.91%), Sugar: 78.4g (87.11%), Cholesterol: 29.04mg (9.68%), Sodium: 56.55mg (2.46%), Alcohol: 5.01g (100%), Alcohol %: 1.97% (100%), Protein: 4.51g (9.01%), Vitamin A: 3263.61IU (65.27%), Vitamin C: 18.8mg (22.79%), Potassium: 541.82mg (15.48%), Fiber: 3.58g (14.34%), Vitamin B2: 0.23mg (13.62%), Calcium: 106.47mg (10.65%), Phosphorus: 106.15mg (10.61%), Vitamin E: 1.59mg (10.59%), Vitamin B5: 0.77mg (7.65%), Copper: 0.15mg (7.43%), Manganese: 0.13mg (6.51%), Magnesium: 25.49mg (6.37%), Vitamin B6: 0.12mg (5.95%), Zinc: 0.78mg (5.22%), Vitamin B3: 1.02mg (5.08%), Vitamin B1: 0.08mg (5.08%), Vitamin K: 5.31µg (5.06%), Folate: 18.75µg (4.69%), Vitamin B12: 0.26µg (4.29%), Iron: 0.7mg (3.89%), Selenium: 1.65µg (2.36%)