



Apricots with Brandy, Lemon, and Honey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



599 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 apricots pitted ripe rinsed halved drained 1 lb. total
- ☐ 0.3 cup brandy
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 tablespoon butter cut into small pieces
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 quart whipped cream

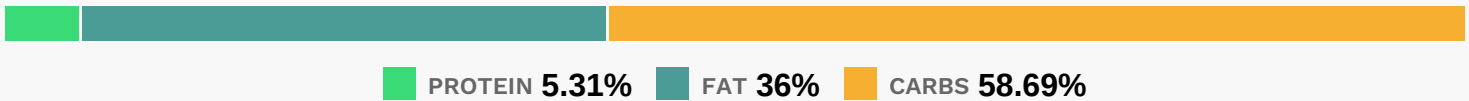
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ microwave
- ☐ pie form

Directions

- ☐ Place apricots, cut side up, in a microwave-safe 9- or 10-inch pie pan or shallow round casserole.
- ☐ Sprinkle apricots with raisins and brown sugar.
- ☐ In a 2-cup glass measure, combine brandy, lemon juice, honey, and butter.
- ☐ Heat in a microwave oven on full power (100%) until butter is melted, about 30 seconds. Stir and pour evenly over apricots.
- ☐ Cover apricots and heat in a microwave oven at full power until juices are bubbling and fruit is hot, about 5 minutes; let stand about 5 minutes.
- ☐ Meanwhile, scoop the ice cream into bowls. Ladle fruit and juices over ice cream.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:35.27, Inflammation Score:-8, Nutrition Score:11.248695705248%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 598.87kcal (29.94%), Fat: 23.34g (35.91%), Saturated Fat: 13.35g (83.42%), Carbohydrates: 85.59g (28.53%), Net Carbohydrates: 82.82g (30.12%), Sugar: 77.98g (86.64%), Cholesterol: 83.28mg (27.76%), Sodium: 185.93mg (8.08%), Alcohol: 4.01g (100%), Alcohol %: 1.67% (100%), Protein: 7.75g (15.5%), Vitamin A: 1975.91IU (39.52%), Vitamin B2: 0.5mg (29.18%), Calcium: 273.35mg (27.34%), Phosphorus: 222.77mg (22.28%), Potassium: 617mg (17.63%), Vitamin B5: 1.29mg (12.89%), Vitamin B12: 0.74µg (12.35%), Vitamin C: 9.34mg (11.32%), Fiber: 2.77g (11.08%), Zinc: 1.47mg (9.83%), Magnesium: 37.23mg (9.31%), Vitamin B6: 0.16mg (7.93%), Vitamin E: 1.17mg (7.8%), Copper: 0.13mg (6.52%), Vitamin B1: 0.1mg (6.49%), Selenium: 3.85µg (5.5%), Manganese: 0.1mg (5.21%), Folate: 16.34µg (4.08%), Iron: 0.72mg (4%), Vitamin B3: 0.68mg (3.4%), Vitamin K: 2.67µg (2.54%), Vitamin D: 0.38µg (2.52%)