



## Aunt Mazo's Dessert

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



1255 kcal

### Ingredients

- 1 cup almonds chopped
- 4 pints heavy whipping cream
- 4 ounce maraschino cherries
- 56 ounce condensed milk sweetened canned

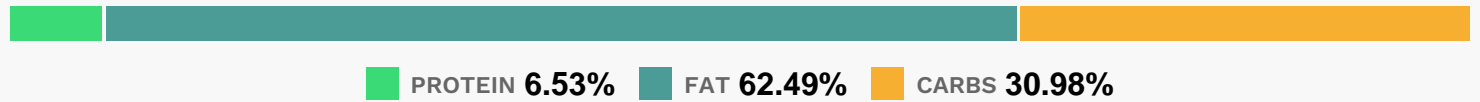
### Equipment

- bowl
- pot

## Directions

- Remove labels from the cans of milk and put them unopened into a large pot of gently boiling water. Boil for about 3 hours. Make sure the water doesn't boil away or the cans will explode (or so I'm told).
- After 3 hours, take the cans out and cool in fridge.
- When chilled, open the cans and put the results into a bowl.
- Beat the whipping cream, and fold into the "caramel sauce" (cooked, cooled condensed milk).
- Mix in the nuts and cherries.

## Nutrition Facts



## Properties

Glycemic Index:7.1, Glycemic Load:52.81, Inflammation Score:-9, Nutrition Score:23.707391593767%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 1254.64kcal (62.73%), Fat: 89.3g (137.38%), Saturated Fat: 52.8g (329.97%), Carbohydrates: 99.59g (33.2%), Net Carbohydrates: 97.44g (35.43%), Sugar: 96.91g (107.68%), Cholesterol: 267.85mg (89.28%), Sodium: 253.32mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Vitamin B2: 1.18mg (69.37%), Vitamin A: 3211.4IU (64.23%), Calcium: 620.38mg (62.04%), Phosphorus: 580.56mg (58.06%), Selenium: 29.78µg (42.55%), Vitamin E: 5.66mg (37.75%), Potassium: 876mg (25.03%), Magnesium: 93.59mg (23.4%), Vitamin D: 3.35µg (22.31%), Vitamin B5: 1.75mg (17.47%), Manganese: 0.34mg (16.98%), Vitamin B12: 1µg (16.69%), Zinc: 2.42mg (16.15%), Vitamin B1: 0.21mg (14%), Copper: 0.21mg (10.41%), Fiber: 2.15g (8.6%), Vitamin B6: 0.17mg (8.37%), Folate: 31.33µg (7.83%), Vitamin K: 7.18µg (6.84%), Vitamin C: 5.26mg (6.38%), Iron: 1.07mg (5.95%), Vitamin B3: 0.97mg (4.86%)