



Black Forest sundaes with brownies



Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



2327 kcal

DESSERT

Ingredients

- ☐ 568 ml single cream
- ☐ 140 g sugar
- ☐ 4 egg yolk
- ☐ 0.5 tsp vanilla extract
- ☐ 200 g chocolate dark 70% (cocoa)
- ☐ 800 g cherries canned
- ☐ 2 tbsp brandy
- ☐ 148 ml double cream

- ☐ 2 tsp powdered sugar
- ☐ 2 brownie mix
- ☐ 200 g butter
- ☐ 175 g t brown sugar dark
- ☐ 140 g granulated sugar
- ☐ 4 eggs
- ☐ 50 g almond flour
- ☐ 50 g flour plain
- ☐ 200 g chocolate dark

Equipment

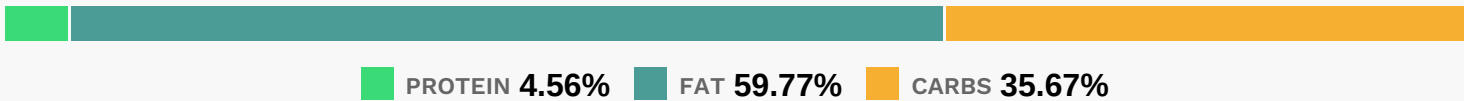
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ For the ice cream, pour the cream into a pan and bring to the boil. Beat together the sugar, egg yolks and vanilla.
- ☐ Pour over 2 tbsp of the cream and whisk into the egg mixture.
- ☐ Pour the egg mixture into the pan with the cream, lower the heat, then cook for a few mins, stirring continuously with a wooden spoon, until the custard coats the back of the spoon.
- ☐ Melt the chocolate in the microwave on High for 1 min, then stir into the bowl of custard. When the custard has cooled, churn in an ice-cream maker according to manufacturers instructions.
- ☐ To make the sauce, drain the cherries, reserving the liquid, then set aside.
- ☐ Place the liquid in a pan with the kirsch or brandy and simmer for 5 mins, or until syrupy. Return the cherries to the pan to heat through.

- ☐ To assemble the sundaes, whip the cream with the icing sugar until soft peaks form.
- ☐ Cut the brownies into bite-size pieces, then place a handful at the bottom of 4 glasses. Scoop the ice cream on top, then drizzle with the cherries and sauce. Dollop with whipped cream and scatter with grated chocolate.
- ☐ Heat oven to 180C/fan 160C/gas 4, then grease and line a 20cm square brownie tin.
- ☐ Heat the butter and dark chocolate in a pan until melted. Stir through dark brown sugar and granulated sugar. Leave to cool for 5 mins, then mix through the eggs. Stir in the almonds and flour.
- ☐ Pour into the tin, then bake for 30–35 mins until just cooked through. (Makes 16)

Nutrition Facts



Properties

Glycemic Index:87.05, Glycemic Load:69.95, Inflammation Score:-10, Nutrition Score:42.822173616161%

Flavonoids

Cyanidin: 60.42mg, Cyanidin: 60.42mg, Cyanidin: 60.42mg, Cyanidin: 60.42mg Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 8.72mg, Catechin: 8.72mg, Catechin: 8.72mg, Catechin: 8.72mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 10mg, Epicatechin: 10mg, Epicatechin: 10mg, Epicatechin: 10mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 2326.58kcal (116.33%), Fat: 156.91g (241.39%), Saturated Fat: 90.13g (563.32%), Carbohydrates: 210.73g (70.24%), Net Carbohydrates: 193.97g (70.53%), Sugar: 165.43g (183.82%), Cholesterol: 669.87mg (223.29%), Sodium: 486.25mg (21.14%), Alcohol: 2.69g (100%), Alcohol %: 0.46% (100%), Caffeine: 80mg (26.67%), Protein: 26.93g (53.86%), Manganese: 2.23mg (111.53%), Copper: 1.99mg (99.56%), Iron: 15.39mg (85.49%), Vitamin A: 3913.93IU (78.28%), Magnesium: 276.58mg (69.14%), Fiber: 16.76g (67.05%), Phosphorus: 643.99mg (64.4%), Selenium: 37.91µg (54.16%), Vitamin B2: 0.78mg (46.03%), Potassium: 1499.76mg (42.85%), Calcium: 347.61mg (34.76%), Zinc: 5.04mg (33.57%), Vitamin E: 4.43mg (29.52%), Vitamin B5: 2.66mg (26.63%), Vitamin B12: 1.45µg (24.23%), Vitamin D: 3.31µg (22.05%), Folate: 87µg (21.75%), Vitamin K: 20.36µg (19.39%), Vitamin B1: 0.28mg (18.69%), Vitamin C: 15.08mg (18.28%), Vitamin B6: 0.35mg (17.61%), Vitamin B3: 2.29mg (11.47%)