



Black Pepper-Cinnamon Honey with Fruit and Ice Cream



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



577 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apricots sliced chopped
- ☐ 1 cinnamon sticks
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 cup honey
- ☐ 2 pints vanilla bean ice cream
- ☐ 6 servings wafer cookies for garnish

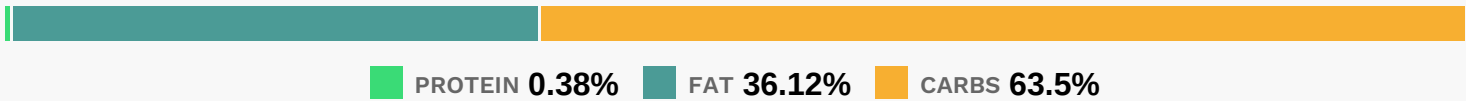
Equipment

☐ pot

Directions

- ☐ Heat the honey, pepper, and cinnamon stick in a small pot over low heat. When ready to serve, add the fruit to the honey mixture and toss. Put a scoop of ice cream into each serving dish and top with the honey mixture.
- ☐ Garnish with cookies and serve.

Nutrition Facts



Properties

Glycemic Index:37.49, Glycemic Load:28.65, Inflammation Score:-1, Nutrition Score:4.6547827331916%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 576.81kcal (28.84%), Fat: 23.92g (36.8%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 94.61g (31.54%), Net Carbohydrates: 93.32g (33.93%), Sugar: 52.13g (57.93%), Cholesterol: 0.01mg (0%), Sodium: 6.95mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Manganese: 0.7mg (34.97%), Vitamin C: 26.59mg (32.24%), Fiber: 1.29g (5.16%), Copper: 0.09mg (4.36%), Vitamin B6: 0.08mg (3.85%), Vitamin B1: 0.05mg (3.21%), Folate: 12µg (3%), Potassium: 97.11mg (2.77%), Iron: 0.48mg (2.65%), Vitamin B2: 0.04mg (2.48%), Magnesium: 8.65mg (2.16%), Vitamin B3: 0.38mg (1.9%), Calcium: 17.86mg (1.79%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.2mg (1.37%), Vitamin K: 1.11µg (1.06%)