



Blueberries Jubilee

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple juice unsweetened
- 1 cup blueberries fresh thawed
- 3 tablespoons brandy
- 1 tablespoon cornstarch
- 1 Dash ground cinnamon
- 2 teaspoons juice of lemon
- 1 tablespoon sugar
- 1 cup vanilla nonfat ice cream

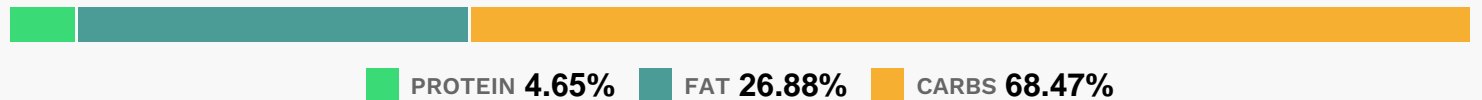
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine apple juice and cornstarch, stirring well.
- Pour apple juice mixture into a medium skillet. Bring to a boil, stirring constantly. Boil 1 minute.
- Remove from heat; add sugar, lemon juice, and cinnamon, stirring until sugar dissolves. Gently stir in blueberries.
- Place brandy in a small saucepan, and heat just until warm.
- Pour brandy over blueberry mixture, and immediately ignite with a long match.
- Let flames die down.
- Scoop 1/2 cup ice cream into each of 2 dessert bowls. Spoon blueberry mixture evenly over ice cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:115.92, Glycemic Load:19.8, Inflammation Score:-5, Nutrition Score:6.3147825728292%

Flavonoids

Cyanidin: 6.27mg, Cyanidin: 6.27mg, Cyanidin: 6.27mg, Cyanidin: 6.27mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg

0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg

Nutrients (% of daily need)

Calories: 299.97kcal (15%), Fat: 7.62g (11.73%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 41.01g (14.91%), Sugar: 33.45g (37.17%), Cholesterol: 29.04mg (9.68%), Sodium: 56.76mg (2.47%), Alcohol: 7.51g (100%), Alcohol %: 3.97% (100%), Protein: 2.97g (5.93%), Manganese: 0.39mg (19.71%), Vitamin K: 14.64µg (13.94%), Vitamin C: 10.09mg (12.23%), Vitamin B2: 0.2mg (11.9%), Fiber: 2.68g (10.71%), Calcium: 99.33mg (9.93%), Phosphorus: 84.66mg (8.47%), Potassium: 258.93mg (7.4%), Vitamin A: 320.21IU (6.4%), Vitamin B5: 0.51mg (5.14%), Vitamin B1: 0.07mg (4.67%), Magnesium: 17.5mg (4.38%), Vitamin E: 0.65mg (4.3%), Vitamin B12: 0.26µg (4.29%), Vitamin B6: 0.08mg (4.23%), Zinc: 0.61mg (4.07%), Copper: 0.07mg (3.72%), Iron: 0.42mg (2.32%), Vitamin B3: 0.45mg (2.23%), Folate: 8.77µg (2.19%), Selenium: 1.49µg (2.13%)