



Blueberry Almond Praline Sundae



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



591 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 0.8 cup almonds toasted sliced
- ☐ 0.3 cup apricot preserves
- ☐ 14 ounces blueberries
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 qt whipped cream

☐ 2 tablespoons water

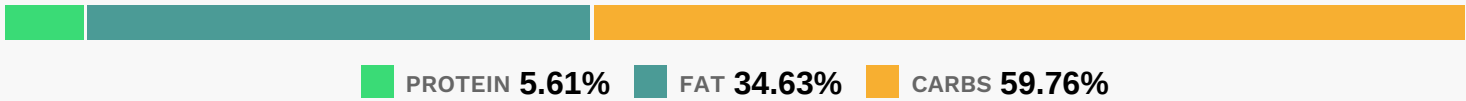
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Line a large baking sheet with foil, then lightly oil foil.
- ☐ Cook sugar with salt in a dry 10-inch heavy skillet over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel. Immediately remove from heat and stir in almonds with a wooden spoon, then quickly pour onto baking sheet, spreading out mixture with back of spoon before it hardens.
- ☐ Cool praline on baking sheet 5 minutes, then break into large pieces. Put praline pieces in a heavy-duty sealable plastic bag and break into smaller pieces with a rolling pin.
- ☐ Bring jam, water, and lemon juice to a boil, stirring, over moderate heat.
- ☐ Add 1 1/2 cups blueberries and simmer until berries burst, 8 to 10 minutes.
- ☐ Add remaining 1 1/2 cups blueberries and simmer, stirring gently, just until heated through, about 2 minutes.
- ☐ Remove from heat and stir in almond extract.
- ☐ Top scoops of ice cream with warm blueberry sauce and praline.

Nutrition Facts



Properties

Glycemic Index:30.18, Glycemic Load:48.61, Inflammation Score:-6, Nutrition Score:12.543043551238%

Flavonoids

Cyanidin: 5.88mg, Cyanidin: 5.88mg, Cyanidin: 5.88mg, Cyanidin: 5.88mg Petunidin: 20.86mg, Petunidin: 20.86mg, Petunidin: 20.86mg, Petunidin: 20.86mg Delphinidin: 23.44mg, Delphinidin: 23.44mg, Delphinidin: 23.44mg, Delphinidin: 23.44mg Malvidin: 44.71mg, Malvidin: 44.71mg, Malvidin: 44.71mg, Malvidin: 44.71mg Peonidin: 13.42mg, Peonidin: 13.42mg, Peonidin: 13.42mg, Peonidin: 13.42mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 591.35kcal (29.57%), Fat: 23.44g (36.06%), Saturated Fat: 11.17g (69.79%), Carbohydrates: 91.03g (30.34%), Net Carbohydrates: 86.86g (31.59%), Sugar: 79.53g (88.37%), Cholesterol: 69.4mg (23.13%), Sodium: 229.71mg (9.99%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 8.54g (17.09%), Vitamin B2: 0.55mg (32.13%), Vitamin E: 3.81mg (25.42%), Manganese: 0.5mg (25.24%), Calcium: 240.02mg (24%), Phosphorus: 229.33mg (22.93%), Fiber: 4.17g (16.68%), Vitamin A: 726.85IU (14.54%), Magnesium: 57.74mg (14.43%), Potassium: 460.89mg (13.17%), Vitamin K: 13.24µg (12.61%), Vitamin C: 8.84mg (10.72%), Vitamin B5: 1.06mg (10.56%), Copper: 0.21mg (10.45%), Zinc: 1.57mg (10.44%), Vitamin B12: 0.62µg (10.25%), Vitamin B1: 0.11mg (7.53%), Vitamin B6: 0.13mg (6.44%), Selenium: 3.84µg (5.49%), Iron: 0.84mg (4.65%), Vitamin B3: 0.88mg (4.41%), Folate: 17.21µg (4.3%), Vitamin D: 0.32µg (2.1%)