



Bourbon-Nectarine Ice Cream Sundaes with Pound-Cake Croutons

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup brown sugar light
- ☐ 6 nectarines yellow firm ripe cut into thin wedges
- ☐ 8 ounces all-butter pound cake cut into 1/2-inch cubes
- ☐ 4 tablespoons butter unsalted
- ☐ 2 whipped cream

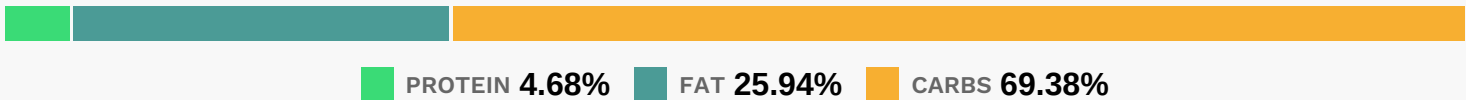
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 37
- ☐ In a large skillet, melt 1 tablespoon of the butter.
- ☐ Add the pound cake and toss to coat.
- ☐ Spread the cubes on a baking sheet and bake for 15 minutes, until toasted.
- ☐ Meanwhile, wipe out the skillet.
- ☐ Add the remaining 3 tablespoons of butter and the nectarines and cook over high heat, stirring occasionally, until the nectarines are slightly softened, about 5 minutes.
- ☐ Add the brown sugar and stir to melt.
- ☐ Remove the skillet from the heat.
- ☐ Add the bourbon and lemon juice. Tilt the pan slightly and carefully ignite the alcohol. Cook over moderate heat until the nectarines are softened and the sauce is slightly thickened, about 10 minutes.
- ☐ Scoop the ice cream into bowls and spoon the nectarines and sauce on top.
- ☐ Garnish with the croutons and serve right away.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:4.74, Inflammation Score:-6, Nutrition Score:6.5095651771711%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 333.62kcal (16.68%), Fat: 9.03g (13.89%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 52.01g (18.91%), Sugar: 43g (47.78%), Cholesterol: 58.77mg (19.59%), Sodium: 260.54mg (11.33%), Alcohol: 4.45g (100%), Alcohol %: 2.52% (100%), Protein: 3.67g (7.34%), Vitamin A: 764.44IU (15.29%), Vitamin B3: 2.35mg (11.74%), Vitamin B1: 0.14mg (9.48%), Fiber: 2.33g (9.32%), Phosphorus: 92.76mg (9.28%), Iron: 1.59mg (8.85%), Manganese: 0.17mg (8.54%), Vitamin B2: 0.14mg (8.52%), Vitamin E: 1.18mg (7.85%), Copper: 0.15mg (7.66%), Potassium: 253.57mg (7.24%), Folate: 27.27µg (6.82%), Vitamin C: 5.09mg (6.17%), Selenium: 3.76µg (5.37%), Vitamin B5: 0.48mg (4.83%), Magnesium: 18.97mg (4.74%), Calcium: 47.33mg (4.73%), Zinc: 0.51mg (3.43%), Vitamin K: 3.57µg (3.4%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.22µg (1.44%)