



Brandy Berry Caramel Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



125 kcal

SAUCE

Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup water
- ☐ 1 tablespoon brandy
- ☐ 1 cup raspberries fresh
- ☐ 1 serving whipped cream
- ☐ 1 leaves mint leaves fresh

Equipment

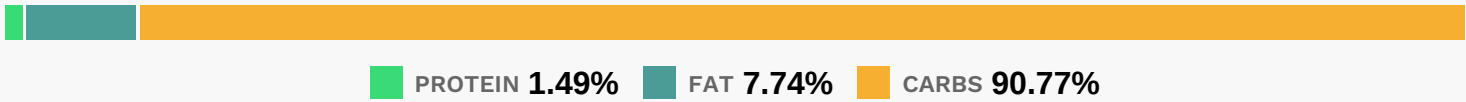
- ☐ frying pan

☐ sauce pan

Directions

- ☐ In small heavy saucepan, stir sugar and water.
- ☐ Heat to boiling, without stirring, over medium heat. Cook about 10 minutes or until mixture turns caramel in color (watch carefully so it doesn't burn).
- ☐ Remove from heat; stir in brandy and raspberries. Return pan to low heat; cook 2 minutes, stirring and smashing the berries until incorporated.
- ☐ Strain mixture to remove seeds.
- ☐ Serve warm sauce over ice cream.
- ☐ Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:18.82, Inflammation Score:-1, Nutrition Score:1.3517391325339%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 125.46kcal (6.27%), Fat: 1.09g (1.67%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 27.6g (10.04%), Sugar: 27.36g (30.4%), Cholesterol: 3.63mg (1.21%), Sodium: 7.76mg (0.34%), Alcohol: 0.63g (100%), Alcohol %: 1.22% (100%), Protein: 0.47g (0.94%), Manganese: 0.1mg (5.13%), Vitamin C: 3.98mg (4.83%), Fiber: 1.03g (4.13%), Vitamin B2: 0.03mg (1.78%), Calcium: 15.02mg (1.5%), Phosphorus: 13.09mg (1.31%), Magnesium: 4.61mg (1.15%), Vitamin K: 1.19µg (1.14%), Potassium: 39.64mg (1.13%), Vitamin E: 0.16mg (1.03%)