



Brown Sugar and Brandy Date Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



481 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup brown sugar light packed
- ☐ 1.5 cups medjool dates pitted halved
- ☐ 1 halves pecan toasted
- ☐ 0.3 cup butter unsalted cut into chunks
- ☐ 4 servings whipped cream

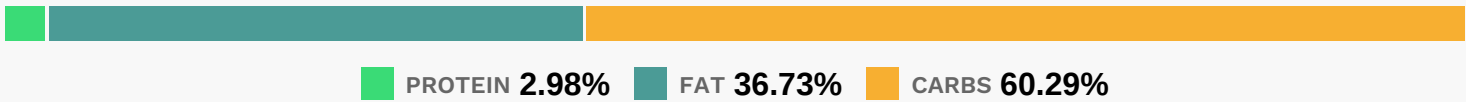
Equipment

☐ frying pan

Directions

- ☐ Melt butter with sugar, cinnamon, and salt in a medium frying pan over high heat.
- ☐ Add dates and 1/2 cup water and cook until mixture is simmering and comes together into a sauce, about 5 minutes.
- ☐ Remove pan from heat and carefully add brandy. Stir to combine.
- ☐ Serve over scoops of vanilla ice cream with pecans.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:7.3678260989811%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 480.67kcal (24.03%), Fat: 19.1g (29.39%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 70.55g (23.52%), Net Carbohydrates: 66.29g (24.11%), Sugar: 64g (71.11%), Cholesterol: 59.54mg (19.85%), Sodium: 131.6mg (5.72%), Alcohol: 5.01g (100%), Alcohol %: 3.85% (100%), Protein: 3.48g (6.96%), Fiber: 4.26g (17.02%), Potassium: 538.99mg (15.4%), Vitamin A: 715.11IU (14.3%), Calcium: 136.12mg (13.61%), Vitamin B2: 0.2mg (11.61%), Copper: 0.23mg (11.56%), Phosphorus: 109.08mg (10.91%), Manganese: 0.22mg (10.91%), Magnesium: 41.03mg (10.26%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.86mg (8.64%), Vitamin B3: 0.99mg (4.96%), Zinc: 0.74mg (4.93%), Vitamin B12: 0.28µg (4.69%), Vitamin B1: 0.06mg (3.9%), Iron: 0.68mg (3.79%), Vitamin E: 0.54mg (3.57%), Folate: 12.22µg (3.05%), Vitamin K: 2.73µg (2.6%), Vitamin D: 0.34µg (2.3%), Selenium: 1.51µg (2.16%)