



Caramelized Blood Orange and Almond Sundaes



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



517 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 3 blood oranges
- ☐ 3 tablespoons butter unsalted diced
- ☐ 0.7 cup brown sugar packed ()
- ☐ 1 quart whipped cream

Equipment

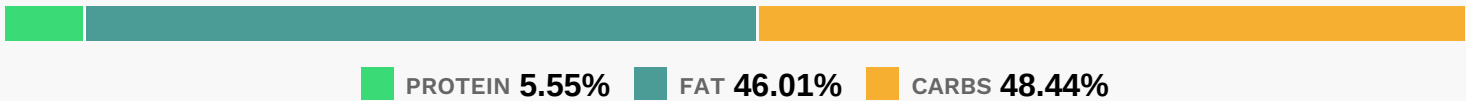
- ☐ bowl

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Squeeze juice from 1 orange (about 1/4 cup) into small bowl.
- ☐ Cut ends off remaining 2 oranges to expose flesh.
- ☐ Cut oranges lengthwise into quarters; pull out and discard white center pith.
- ☐ Cut orange quarters crosswise into 1/8-inch-thick slices.
- ☐ Place orange slices along with any collected juices in another bowl.
- ☐ Sprinkle sugar evenly over bottom of heavy 10-inch-diameter skillet; scatter butter pieces over and drizzle with 2 tablespoons orange juice. Stir over medium heat until mixture begins to melt and bubble, then swirl pan to blend. Cook until sugar mixture is dark amber, occasionally scraping down sides of skillet with heatproof spatula, about 6 minutes. Stir in 2 tablespoons orange juice and cook until smooth and thickened, about 2 minutes.
- ☐ Add orange slices with juices to skillet and stir until coated, about 1 minute. Cool. DO AHEAD: Caramelized orange sauce can be made up to 3 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Scoop ice cream into bowls and spoon caramelized orange sauce over. Top sundaes with toasted almonds and sprinkle with fleur de sel, if desired.
- ☐ * A type of sea salt; available at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:22.36, Inflammation Score:-6, Nutrition Score:9.5765217775884%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg

Naringenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 517.02kcal (25.85%), Fat: 26.86g (41.32%), Saturated Fat: 14.6g (91.24%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 61.41g (22.33%), Sugar: 58.09g (64.55%), Cholesterol: 84.45mg (28.15%), Sodium: 133.87mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Vitamin B2: 0.47mg (27.7%), Calcium: 247.08mg (24.71%), Phosphorus: 206.06mg (20.61%), Vitamin E: 2.61mg (17.4%), Vitamin A: 853.66IU (17.07%), Potassium: 416.03mg (11.89%), Magnesium: 45.77mg (11.44%), Vitamin B12: 0.63µg (10.45%), Manganese: 0.21mg (10.27%), Vitamin B5: 1.01mg (10.09%), Zinc: 1.35mg (8.97%), Fiber: 2.22g (8.87%), Copper: 0.13mg (6.54%), Vitamin B1: 0.09mg (5.76%), Vitamin C: 4.4mg (5.34%), Selenium: 3.55µg (5.07%), Vitamin B6: 0.1mg (5.02%), Folate: 13.66µg (3.42%), Iron: 0.61mg (3.38%), Vitamin D: 0.42µg (2.8%), Vitamin B3: 0.51mg (2.54%)