

Cherries Jubilee



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



611 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brandy
- ☐ 16 ounce bing cherries pitted drained canned
- ☐ 0.3 cup currant jelly red
- ☐ 4 servings whipped cream

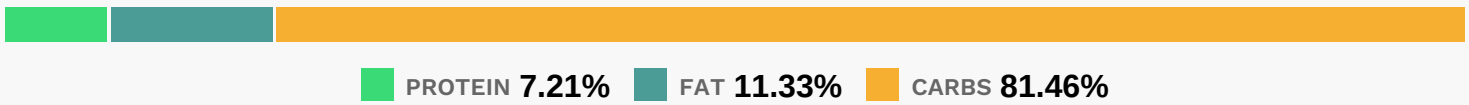
Equipment

- ☐ frying pan

Directions

- ☐ Melt jelly in a flat skillet; add cherries. Cook over medium heat until bubbly; set aside, and keep warm.
- ☐ Place brandy in a small long handled pan; heat just until warm.
- ☐ Pour over cherries, and ignite with a long match. Baste cherries with sauce until flames die down.
- ☐ Serve immediately over ice cream.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:9.430869486021%

Nutrients (% of daily need)

Calories: 610.64kcal (30.53%), Fat: 7.28g (11.2%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 117.81g (39.27%), Net Carbohydrates: 106.37g (38.68%), Sugar: 86.44g (96.04%), Cholesterol: 29.04mg (9.68%), Sodium: 80.16mg (3.49%), Alcohol: 5.01g (100%), Alcohol %: 2.85% (100%), Protein: 10.42g (20.84%), Vitamin A: 4303.49IU (86.07%), Fiber: 11.44g (45.78%), Calcium: 192.21mg (19.22%), Iron: 2.04mg (11.34%), Vitamin B2: 0.18mg (10.62%), Phosphorus: 75.28mg (7.53%), Potassium: 153.46mg (4.38%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.39mg (3.89%), Vitamin C: 2.89mg (3.5%), Zinc: 0.48mg (3.19%), Magnesium: 10.37mg (2.59%), Selenium: 1.75µg (2.51%), Copper: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.17%), Vitamin B6: 0.04mg (1.87%), Folate: 6.42µg (1.6%), Vitamin E: 0.23mg (1.55%)