



Cherries Jubilee Ice Cream Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

DESSERT

Ingredients

- 2 tablespoons brandy
- 2 tablespoons butter melted
- 12 ounce cherries dark sweet frozen pitted
- 1 tablespoon cornstarch
- 1.5 cups graham cracker crumbs (9 cookie sheets)
- 2 tablespoons honey
- 4 cups vanilla ice cream low-fat softened
- 0.3 cup sugar

0.3 cup water

Equipment

food processor

bowl

sauce pan

oven

blender

Directions

Preheat oven to 37

Combine first 5 ingredients in a medium saucepan. Bring to a boil; cook 2 minutes or until thick, stirring constantly. Cool completely.

Combine butter and honey in a medium bowl.

Add graham cracker crumbs, stirring to blend. Press mixture into bottom and up sides of a 9-inch pie plate.

Bake at 375 for 8 minutes. Cool completely.

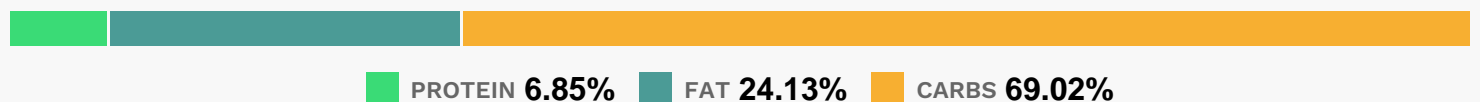
Place 1/2 cup cooled cherry mixture in a food processor; process until smooth.

Place the remaining cherry mixture in an airtight container; cover and chill.

Place softened ice cream in a large bowl, and beat with a mixer at medium speed until smooth.

Add pureed cherry mixture, and gently fold in to achieve a swirl pattern. Spoon mixture into the cooled crust. Cover and freeze 4 hours or until firm. Top with reserved cherry sauce just before serving.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:24.39, Inflammation Score:-4, Nutrition Score:5.4234782612842%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 307.96kcal (15.4%), Fat: 8.19g (12.6%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 52.69g (17.56%), Net Carbohydrates: 51.02g (18.55%), Sugar: 36.41g (40.46%), Cholesterol: 28.05mg (9.35%), Sodium: 183.43mg (7.98%), Alcohol: 1.25g (100%), Alcohol %: 0.97% (100%), Protein: 5.23g (10.47%), Vitamin B2: 0.25mg (14.72%), Calcium: 141.86mg (14.19%), Phosphorus: 120.36mg (12.04%), Vitamin A: 455.16IU (9.1%), Potassium: 284.16mg (8.12%), Fiber: 1.68g (6.7%), Magnesium: 24.91mg (6.23%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.36µg (6.05%), Vitamin B1: 0.09mg (5.87%), Iron: 0.98mg (5.44%), Vitamin C: 3.91mg (4.75%), Vitamin B5: 0.46mg (4.58%), Vitamin B3: 0.77mg (3.86%), Vitamin B6: 0.07mg (3.61%), Folate: 13.72µg (3.43%), Copper: 0.05mg (2.42%), Selenium: 1.66µg (2.38%), Manganese: 0.04mg (1.96%), Vitamin K: 1.44µg (1.37%), Vitamin E: 0.2mg (1.35%)