



## Cherries Jubilee Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



10

CALORIES



115 kcal

SAUCE

### Ingredients

- 0.3 cup brandy
- 24 oz cherries dark sweet frozen thaw (do not )
- 1 tablespoon cornstarch
- 0.5 cup orange juice
- 10 servings orange zest
- 0.5 cup sugar

### Equipment

- frying pan

whisk

## Directions

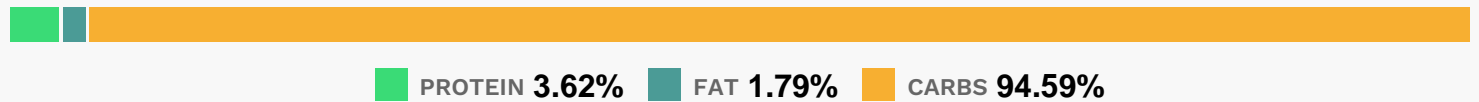
Whisk together sugar and cornstarch in a medium skillet; whisk in orange juice. Cook over medium heat, whisking constantly, 2 minutes or until thickened. Stir in cherries, and, if desired, orange zest. Bring to a boil over medium heat; reduce heat, and simmer, stirring often, 5 minutes.

Remove from heat.

Stir in brandy, and return to heat. Cook, stirring constantly, 30 seconds. Cool slightly.

Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:15.91, Glycemic Load:9.72, Inflammation Score:-3, Nutrition Score:3.6769565317942%

## Flavonoids

Cyanidin: 20.55mg, Cyanidin: 20.55mg, Cyanidin: 20.55mg, Cyanidin: 20.55mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 115.49kcal (5.77%), Fat: 0.22g (0.33%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 23.13g (8.41%), Sugar: 19.73g (21.92%), Cholesterol: 0mg (0%), Sodium: 0.72mg (0.03%), Alcohol: 2g (100%), Alcohol %: 2.33% (100%), Protein: 0.99g (1.98%), Vitamin C: 27.28mg (33.07%), Fiber: 2.73g (10.93%), Potassium: 201.63mg (5.76%), Copper: 0.06mg (2.98%), Vitamin B6: 0.06mg (2.97%), Calcium: 29.65mg (2.96%), Vitamin B1: 0.04mg (2.95%), Magnesium: 11.51mg (2.88%), Manganese: 0.05mg (2.56%), Folate: 10.04µg (2.51%), Vitamin A: 118.74IU (2.37%), Vitamin B2: 0.04mg (2.3%), Vitamin B5: 0.22mg (2.18%), Iron: 0.38mg (2.09%),

Phosphorus: 19.26mg (1.93%), Vitamin K: 1.44µg (1.37%), Vitamin B3: 0.26mg (1.32%)