



Cherry-Almond Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 0.5 cup cherry preserves
- ☐ 0.1 teaspoon ground nutmeg

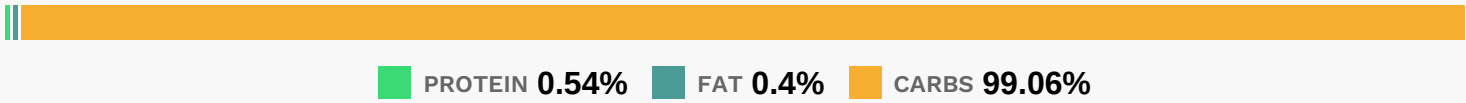
Equipment

- ☐ microwave

Directions

- ☐
- Microwave cherry preserves at HIGH 1 minute, stirring at 20-second intervals. Stir in ground nutmeg and almond extract.
- ☐
- Note: We tested with Smucker's Cherry Preserves.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:12.69, Inflammation Score:-1, Nutrition Score:0.68608696175658%

Nutrients (% of daily need)

Calories: 95.07kcal (4.75%), Fat: 0.04g (0.06%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 23.08g (8.39%), Sugar: 16.52g (18.35%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.13g (0.26%), Vitamin C: 2.99mg (3.63%), Copper: 0.03mg (1.73%), Fiber: 0.38g (1.54%), Vitamin B2: 0.03mg (1.53%)