



Cherry-Bourbon Ice Cream



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

DESSERT

Ingredients



1 tablespoon bourbon



1.5 cups cherries pitted halved



2 tablespoons sugar

Equipment

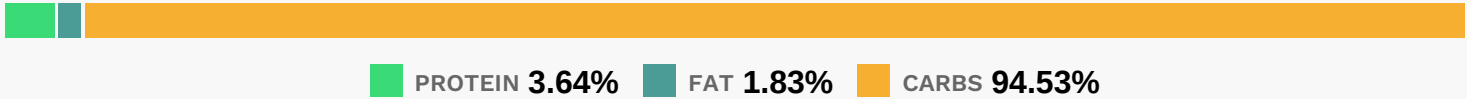


sauce pan

Directions

- ☐
- Cook 1 1/2 cups halved pitted cherries, 2 tablespoons sugar, and 1 tablespoon water in a small saucepan over medium heat, stirring occasionally, until syrupy, 8–10 minutes.
- ☐
- Remove from heat and stir in 1 tablespoon bourbon; let cool. Process custard and fold in cherry mixture just before transferring to freezer.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:5.77, Inflammation Score:-1, Nutrition Score:1.1852173755026%

Flavonoids

Cyanidin: 15.63mg, Cyanidin: 15.63mg, Cyanidin: 15.63mg, Cyanidin: 15.63mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 64.36kcal (3.22%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.17g (4.79%), Sugar: 12.61g (14.01%), Cholesterol: 0mg (0%), Sodium: 0.1mg (0%), Alcohol: 1.25g (100%), Alcohol %: 2.58% (100%), Protein: 0.55g (1.1%), Vitamin C: 3.62mg (4.39%), Fiber: 1.09g (4.35%), Potassium: 115.08mg (3.29%), Manganese: 0.04mg (1.86%), Copper: 0.03mg (1.61%), Magnesium: 5.69mg (1.42%), Vitamin B6: 0.03mg (1.27%), Phosphorus: 11.02mg (1.1%), Vitamin B2: 0.02mg (1.08%), Iron: 0.19mg (1.06%), Vitamin K: 1.09µg (1.04%), Vitamin B5: 0.1mg (1.03%)