



Cherry-Chocolate Sundae with Spiced-Almond Praline

 Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 ounces bittersweet chocolate cooled melted
- ☐ 1 cup cherries frozen pitted
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 pint vanilla ice cream light

- ☐ 1 tablespoon maple syrup pure
- ☐ 0.3 cup toffee chips english

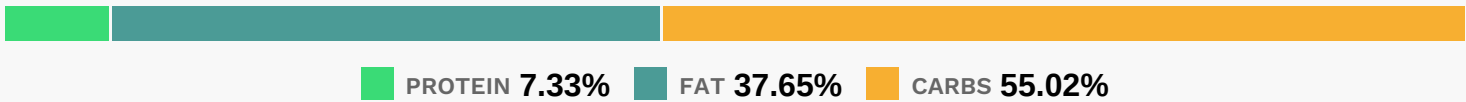
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 37
- ☐ Stir together first 4 ingredients (through pepper) in a small bowl.
- ☐ Add almonds, and stir gently until well-combined.
- ☐ Transfer to a parchment paper-lined baking sheet, and spread nuts in a single layer.
- ☐ Bake in middle of oven, stirring occasionally, about 6 minutes or until golden brown and fragrant.
- ☐ Remove parchment from pan, and let almonds cool on paper. Nuts will crisp as they cool.
- ☐ Break nut mixture into pieces. Portion ice cream into each of 4 tall glasses with an ice cream scoop, and top evenly with cherries, toffee, and nut mixture. Top with a drizzle of melted chocolate.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:19.66, Inflammation Score:-6, Nutrition Score:10.804347942705%

Flavonoids

Cyanidin: 10.56mg, Cyanidin: 10.56mg, Cyanidin: 10.56mg, Cyanidin: 10.56mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 447.86kcal (22.39%), Fat: 18.97g (29.19%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 62.39g (20.8%), Net Carbohydrates: 59.22g (21.53%), Sugar: 48.42g (53.8%), Cholesterol: 48.17mg (16.06%), Sodium: 113.57mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 8.32g (16.63%), Vitamin B2: 0.46mg (27.18%), Manganese: 0.51mg (25.69%), Calcium: 233.09mg (23.31%), Phosphorus: 199.42mg (19.94%), Vitamin A: 830.39IU (16.61%), Magnesium: 63.09mg (15.77%), Copper: 0.28mg (14.05%), Potassium: 471.16mg (13.46%), Vitamin E: 1.98mg (13.2%), Fiber: 3.17g (12.68%), Zinc: 1.51mg (10.08%), Vitamin B12: 0.6µg (9.96%), Iron: 1.54mg (8.54%), Vitamin B5: 0.73mg (7.3%), Vitamin B1: 0.09mg (6.25%), Selenium: 3.97µg (5.68%), Vitamin C: 3.92mg (4.76%), Vitamin B6: 0.09mg (4.57%), Vitamin B3: 0.59mg (2.94%), Vitamin K: 3.02µg (2.88%), Folate: 11.45µg (2.86%)