



Cornmeal-Cookie Sundaes with Warm Fruit

READY IN



45 min.

SERVINGS



6

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons bourbon
- ☐ 0.8 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 3 tofu thinly sliced
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon ground cardamom
- ☐ 6 servings whipped cream

- ☐ 0.5 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 4 plums red thinly sliced
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 cup cornmeal yellow

Equipment

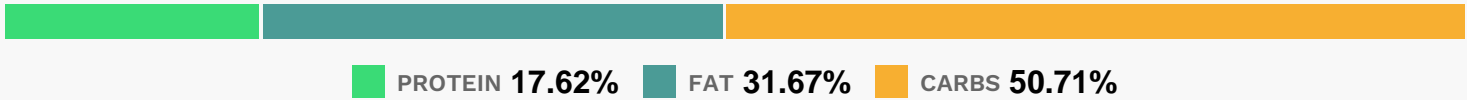
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ wax paper

Directions

- ☐ Beat together butter and sugars in a large bowl with an electric mixer until pale and fluffy. Beat in egg, vanilla, baking powder, salt, cinnamon, and cardamom.
- ☐ Add flour and cornmeal and stir with a wooden spoon until just blended.
- ☐ Halve dough and pat into 2 disks (dough will be very soft). Chill, wrapped in plastic wrap, at least 4 hours.
- ☐ Preheat oven to 350°F.
- ☐ Roll out 1 piece of dough between 2 sheets of wax paper to 1/4 inch thick.
- ☐ Remove top sheet of wax paper and cut 3 cookies with fluted cutter, leaving cutouts in place. Replace wax paper.
- ☐ Roll out remaining piece of dough and cut 3 more cookies in same manner. Chill both pieces of dough until firm, about 15 minutes.

- ☐ Carefully transfer cookies to an ungreased large baking sheet and keep chilled. Reroll scraps between 2 sheets wax paper and cut out 2 more cookies (for a total of 8; you'll have 2 extra in case of breakage).
- ☐ Transfer to baking sheet with other cookies.
- ☐ Bake cookies in upper third of oven until edges are golden brown, about 20 minutes.
- ☐ Transfer to a rack and dust with confectioners sugar.
- ☐ Melt butter in a large nonstick skillet over moderately high heat, then add brown sugar and lemon juice and cook, stirring, until smooth, about 1 minute.
- ☐ Add fruit and bourbon (if using) and sauté, stirring occasionally, until fruit is tender, about 5 minutes (sauce will be red).
- ☐ Remove from heat.
- ☐ Place 1 cookie on each of 6 dessert plates and dust again with confectioners sugar. Spoon some warm fruit topping over each cookie, then top with a scoop of ice cream.
- ☐ Dough can chill up to 8 hours (overnight).Cookies keep in an airtight container (preferably tin) at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:74.21, Glycemic Load:36.48, Inflammation Score:-5, Nutrition Score:11.573043450065%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 570.51kcal (28.53%), Fat: 19.82g (30.5%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 71.42g (23.81%), Net Carbohydrates: 66.74g (24.27%), Sugar: 39.31g (43.67%), Cholesterol: 65.06mg (21.69%), Sodium: 402.62mg (17.51%), Alcohol: 1.78g (100%), Alcohol %: 0.59% (100%), Protein: 24.82g (49.64%), Calcium: 374.83mg (37.48%), Iron: 4.19mg (23.27%), Vitamin B2: 0.33mg (19.25%), Manganese: 0.38mg (19.01%), Fiber: 4.68g (18.71%), Selenium: 11.81µg (16.88%), Vitamin B1: 0.25mg (16.49%), Phosphorus: 154.31mg (15.43%), Folate: 52.47µg (13.12%), Vitamin A: 533.78IU (10.68%), Vitamin B3: 1.84mg (9.22%), Magnesium: 33.89mg (8.47%), Potassium: 295.73mg (8.45%), Zinc: 1.2mg (7.98%), Vitamin B5: 0.76mg (7.58%), Vitamin B6: 0.15mg (7.57%), Vitamin C: 5.12mg (6.21%), Copper: 0.12mg (5.87%), Vitamin B12: 0.34µg (5.59%), Vitamin E: 0.52mg (3.49%), Vitamin K: 3.37µg (3.21%), Vitamin D: 0.33µg (2.22%)