



Crushed Blackberry Sundae with Toasted Pecans, Caramel Sauce, and Whipped Cream

 **Gluten Free**

Image not found or type unknown

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

1398 kcal

DESSERT

Ingredients

- ☐ 2 pints blackberries
- ☐ 1 cup heavy cream
- ☐ 0.3 cup cassis liqueur
- ☐ 1 cup pecans
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 1.5 cups sugar

- ☐ 1 tablespoon butter unsalted cold
- ☐ 0.5 vanilla pod split
- ☐ 1 quart premium vanilla ice cream
- ☐ 0.5 cup water
- ☐ 4 servings freshly whipped cream

Equipment

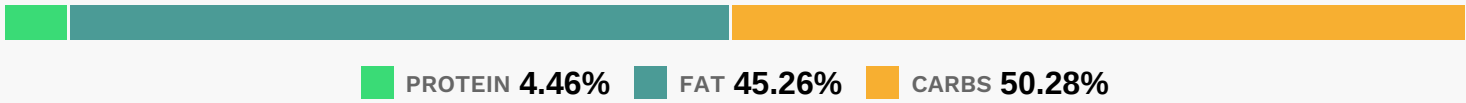
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the pecans evenly on a baking sheet and toast in the oven for 8 to 10 minutes.
- ☐ Remove and let cool before coarsely chopping.
- ☐ Place a scoop of ice cream in a parfait glass and top with caramel sauce, crushed blackberries, and pecans. Repeat 2 more times and then top with a large dollop of whipped cream.
- ☐ Place the heavy cream and vanilla bean and seeds in a small saucepan and bring to a simmer over medium heat.
- ☐ Remove the cream from the heat and let sit while making the caramel.
- ☐ Whisk together the sugar and water in a medium non-reactive saucepan over high heat. Cook until dark golden brown, about 10 to 12 minutes.
- ☐ Remove the caramel from the heat and immediately add the cream slowly, stirring constantly with a wooden spoon. Return to the heat and cook until the mixture becomes smooth.
- ☐ Remove from the heat and stir in the butter and salt.
- ☐ Transfer to a bowl and serve immediately.

- ☐
- Combine the blackberries, sugar, and cassis in a medium bowl and stir well.
- ☐
- Let sit at room temperature for 30 minutes. After 30 minutes, use a fork to crush the blackberries.

Nutrition Facts



Properties

Glycemic Index:72.8, Glycemic Load:97.2, Inflammation Score:-10, Nutrition Score:32.833043471627%

Flavonoids

Cyanidin: 239.13mg, Cyanidin: 239.13mg, Cyanidin: 239.13mg, Cyanidin: 239.13mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Pelargonidin: 1.06mg, Pelargonidin: 1.06mg, Pelargonidin: 1.06mg, Pelargonidin: 1.06mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 89.47mg, Catechin: 89.47mg, Catechin: 89.47mg, Catechin: 89.47mg Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg Epigallocatechin 3–gallate: 2.18mg, Epigallocatechin 3–gallate: 2.18mg, Epigallocatechin 3–gallate: 2.18mg, Epigallocatechin 3–gallate: 2.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 1398.04kcal (69.9%), Fat: 71.03g (109.28%), Saturated Fat: 33.94g (212.12%), Carbohydrates: 177.57g (59.19%), Net Carbohydrates: 161g (58.54%), Sugar: 157.98g (175.54%), Cholesterol: 183.42mg (61.14%), Sodium: 220.61mg (9.59%), Alcohol: 5.97g (100%), Alcohol %: 1.08% (100%), Protein: 15.75g (31.5%), Manganese: 2.67mg (133.27%), Fiber: 16.57g (66.29%), Vitamin C: 51.73mg (62.71%), Vitamin A: 2519.41IU (50.39%), Vitamin K: 50.68µg (48.27%), Vitamin B2: 0.8mg (46.77%), Calcium: 436.71mg (43.67%), Phosphorus: 409.71mg (40.97%), Copper: 0.76mg (38.02%), Vitamin E: 4.49mg (29.94%), Potassium: 1023.5mg (29.24%), Magnesium: 115.58mg (28.89%), Zinc: 4.19mg (27.92%), Vitamin B5: 2.41mg (24.15%), Vitamin B1: 0.32mg (21.46%), Folate: 79.09µg (19.77%), Vitamin B12: 1.04µg (17.35%), Iron: 2.41mg (13.41%), Vitamin B6: 0.26mg (13%), Selenium: 8.57µg (12.25%), Vitamin B3: 2.14mg (10.68%), Vitamin D: 1.5µg (10.01%)