



Crushed-Blackberry Sundaes With Caramel Sauce



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



1398 kcal

DESSERT

Ingredients

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

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

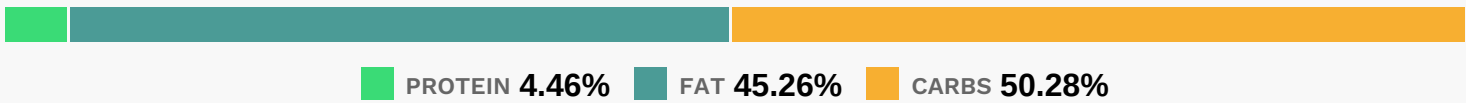
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Combine the blackberries, sugar and cassis in a bowl.
- ☐ Let sit at room temperature for 30 minutes, then crush with a fork.
- ☐ Combine the cream and vanilla pod and seeds in a small saucepan and bring to a simmer over medium heat.
- ☐ Remove from the heat.
- ☐ Whisk the sugar and 1/2 cup water in a medium nonreactive saucepan over high heat. Cook until dark golden brown, 10 to 12 minutes.
- ☐ Remove from the heat and slowly add the vanilla-infused cream (it will splatter), stirring constantly with a wooden spoon. Return to the heat and cook until smooth.
- ☐ Remove from the heat, discard the vanilla pod and stir in the butter and salt.
- ☐ For each sundae, place a scoop of ice cream in a parfait glass and top with caramel sauce, blackberries and pecans. Repeat 2 more times and top with whipped cream.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:72.8, Glycemic Load:97.2, Inflammation Score:-10, Nutrition Score:32.814782681672%

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: 219.13mg (9.53%), Alcohol: 5.97g (100%), Alcohol %: 1.13% (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: 435.82mg (43.58%), Phosphorus: 409.71mg (40.97%), Copper: 0.76mg (37.78%), Vitamin E: 4.49mg (29.94%), Potassium: 1023.5mg (29.24%), Magnesium: 115.28mg (28.82%), Zinc: 4.18mg (27.9%), 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%)