



Double Cherry Sundae

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



545 kcal

DESSERT

Ingredients

- 2 cups bing cherries pitted
- 1 tablespoon kirsch liqueur (cherry liqueur)
- 0.5 pound bittersweet chocolate coarsely chopped
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 1 quart whipped cream
- 0.3 cup whipping cream

Equipment

- bowl
- frying pan

Directions

- In a 1 1/2- to 2-quart pan over lowest heat, combine chocolate, sugar, cream, kirsch, and vanilla; stir until smooth.
- Serve warm or hot; makes 1 cup.
- Scoop ice cream into bowls; top with cherries and pour sauce over fruit.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:18.68, Inflammation Score:-8, Nutrition Score:10.962173933568%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 544.82kcal (27.24%), Fat: 26.57g (40.88%), Saturated Fat: 15.99g (99.93%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 62.45g (22.71%), Sugar: 54.68g (60.76%), Cholesterol: 62.15mg (20.72%), Sodium: 104.4mg (4.54%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.25g (16.49%), Vitamin A: 1698.46IU (33.97%), Fiber: 5.99g (23.95%), Phosphorus: 202.65mg (20.26%), Calcium: 201.5mg (20.15%), Manganese: 0.39mg (19.39%), Copper: 0.38mg (19.18%), Vitamin B2: 0.31mg (18.44%), Magnesium: 67.24mg (16.81%), Iron: 2.41mg (13.36%), Potassium: 408.12mg (11.66%), Zinc: 1.59mg (10.58%), Vitamin B12: 0.52µg (8.74%), Vitamin B5: 0.8mg (7.95%), Selenium: 4.75µg (6.79%), Vitamin B1: 0.06mg (3.97%), Vitamin E: 0.59mg (3.95%), Vitamin B6: 0.07mg (3.5%), Vitamin K: 2.67µg (2.55%), Vitamin D: 0.36µg (2.37%), Vitamin B3: 0.38mg (1.92%), Folate: 6.29µg (1.57%), Vitamin C: 0.88mg (1.07%)