



Fruit with Caramel Sauce



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 0.7 cup mrs richardson's butterscotch caramel sauce
- ☐ 1 kiwi fruit peeled sliced
- ☐ 1 medium nectarines pitted cut into wedges
- ☐ 0.3 teaspoon rum extract
- ☐ 1 cup strawberries fresh halved

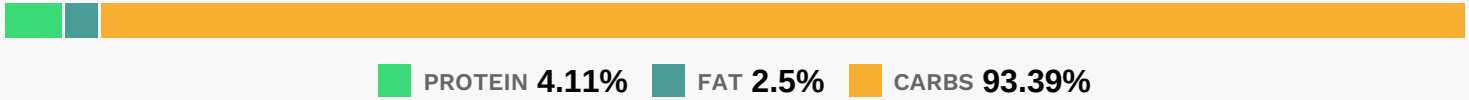
Equipment

- ☐ sauce pan

Directions

- ☐ Arrange fruit on individual dessert plates or in dessert dishes.
- ☐ Mix ice cream topping and rum extract in 1-quart saucepan; heat over medium heat, stirring occasionally, until warm.
- ☐ Drizzle 1 heaping tablespoon topping mixture over each serving of fruit.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:3.4, Inflammation Score:-3, Nutrition Score:4.4556522317555%

Flavonoids

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Nutrients (% of daily need)

Calories: 94.01kcal (4.7%), Fat: 0.29g (0.44%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 22.15g (8.05%), Sugar: 21.17g (23.53%), Cholesterol: 0mg (0%), Sodium: 89.95mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 28.65mg (34.72%), Vitamin K: 11.87µg (11.31%), Manganese: 0.22mg (10.79%), Fiber: 1.88g (7.53%), Potassium: 133.32mg (3.81%), Vitamin E: 0.56mg (3.76%), Folate: 13.11µg (3.28%), Copper: 0.07mg (3.27%), Phosphorus: 29.82mg (2.98%), Vitamin A: 130.57IU (2.61%), Magnesium: 10.41mg (2.6%), Vitamin B3: 0.52mg (2.58%), Calcium: 23.41mg (2.34%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.8%), Vitamin B5: 0.17mg (1.72%), Iron: 0.27mg (1.53%), Vitamin B2: 0.03mg (1.5%)