



Grilled Berries and Pound Cake with Bourbon-Butterscotch Sauce

READY IN



14 min.

SERVINGS



100

CALORIES



30 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 10.8 ounce round cake cut into cubes
- ☐ 1 quart strawberries hulled
- ☐ 0.5 cup whipping cream
- ☐ 6 inch frangelico
- ☐ 6 inch frangelico

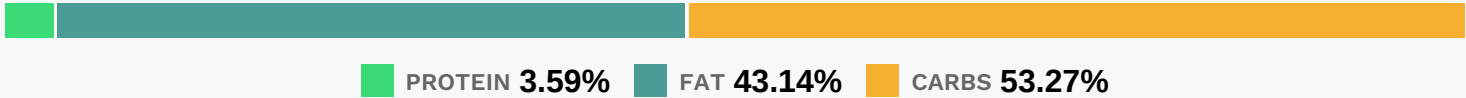
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak skewers in water 30 minutes. Preheat grill to medium-high heat (350 to 400).
- ☐ Heat butter and brown sugar in a small saucepan over medium heat, stirring until well blended. Stir in whipping cream and bourbon.
- ☐ Remove from heat; set aside.
- ☐ Thread berries and pound cake evenly onto skewers.
- ☐ Place on well-greased grill grates, and grill 1 minute on each side or until cake is lightly toasted.
- ☐ Serve with bourbon-butterscotch sauce.

Nutrition Facts



Properties

Glycemic Index:1.05, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.8591304363116%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 29.97kcal (1.5%), Fat: 1.46g (2.25%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.04g (3.38%), Cholesterol: 6.89mg (2.3%), Sodium: 27.11mg (1.18%), Alcohol: 0.05g (100%), Alcohol %: 0.39% (100%), Protein: 0.27g (0.55%), Vitamin C: 5.57mg (6.75%), Manganese: 0.04mg (2.2%), Vitamin A: 51.69IU (1.03%)