



Grilled Caramel Apple Brioche Sundae

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



845 kcal

DESSERT

Ingredients

- 0.5 cup apple cider as needed
- 2 tablespoons brandy
- 12 ounce day-old brioche thick cut into slices
- 8 ounces granny smith apples cored sliced
- 1 pinch salt
- 0.3 cup sugar plus more for sprinkling
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract

- 1 quart vanilla bean ice cream for serving
- 6 servings vegetable oil

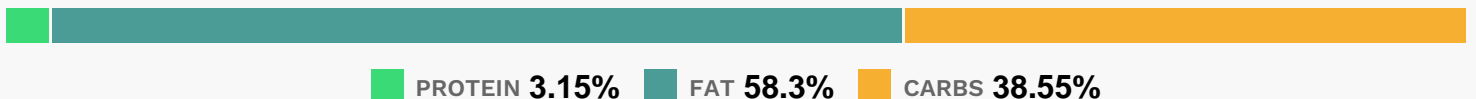
Equipment

- bowl
- frying pan
- sauce pan
- grill
- grill pan

Directions

- Preheat a grill pan over medium-high heat.
- Toss the apples with some vegetable oil and add to the grill. Grill the apples on all sides, about 3 minutes. Once the apples are grilled, remove from the pan and roughly chop.
- Add the chopped apples to a saucepan and turn the heat to medium-low.
- Add the sugar, brandy, butter, vanilla extract and salt. Once the butter has melted, add the apple cider. Stir to combine the ingredients and continue to cook until the apples melt into a thickened sauce, thinning with apple cider as needed, about 10 minutes.
- Brush the brioche with some oil and sprinkle with sugar.
- Place onto the grill pan and toast on both sides.
- Remove from the grill and slice diagonally.
- Transfer to shallow serving bowls.
- Serve immediately with the apple caramel sauce and a generous scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:8.09, Inflammation Score:-3, Nutrition Score:3.0669565349817%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 845.37kcal (42.27%), Fat: 54.54g (83.92%), Saturated Fat: 11.86g (74.13%), Carbohydrates: 81.17g (27.06%), Net Carbohydrates: 80.22g (29.17%), Sugar: 14.23g (15.81%), Cholesterol: 106.99mg (35.66%), Sodium: 267.45mg (11.63%), Alcohol: 1.9g (100%), Alcohol %: 0.79% (100%), Protein: 6.62g (13.24%), Vitamin K: 26.9µg (25.62%), Vitamin A: 623.14IU (12.46%), Vitamin E: 1.32mg (8.82%), Fiber: 0.95g (3.79%), Calcium: 37.5mg (3.75%), Iron: 0.65mg (3.59%), Vitamin C: 1.92mg (2.32%), Potassium: 62.68mg (1.79%), Manganese: 0.03mg (1.54%), Vitamin B2: 0.02mg (1.01%)