



Hot Bushmills Sundaes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon honey
- ☐ 3 cups vanilla nonfat yogurt frozen
- ☐ 8 ounce pineapple unsweetened crushed canned
- ☐ 0.3 cup bushmills irish whiskey

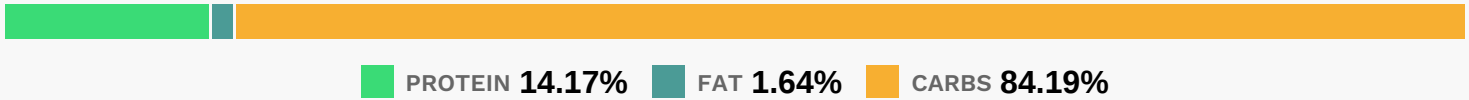
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Drain pineapple, reserving juice in a 2-cup glass measure.
- ☐ Add enough water to reserved liquid to yield 3/4 cup.
- ☐ Add cornstarch and honey; stir with a wire whisk until smooth.
- ☐ Microwave cornstarch mixture, uncovered, at HIGH for 2 1/2 to 3 minutes or until thickened and bubbly, stirring after 1 1/2 minutes. Stir in whiskey, and microwave at HIGH for 30 seconds. Stir in pineapple, and microwave at HIGH for 30 seconds.
- ☐ Serve 1/4 cup sauce over 1/2 cup frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:1.51, Inflammation Score:-2, Nutrition Score:5.196521739111%

Nutrients (% of daily need)

Calories: 179.36kcal (8.97%), Fat: 0.29g (0.44%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 32.76g (11.91%), Sugar: 31.55g (35.05%), Cholesterol: 2.45mg (0.82%), Sodium: 71.69mg (3.12%), Alcohol: 3.54g (100%), Alcohol %: 2.56% (100%), Protein: 5.6g (11.19%), Calcium: 192.48mg (19.25%), Phosphorus: 149.03mg (14.9%), Vitamin B2: 0.23mg (13.52%), Selenium: 7.57µg (10.81%), Vitamin B12: 0.58µg (9.6%), Potassium: 286.48mg (8.19%), Zinc: 0.95mg (6.37%), Magnesium: 24.15mg (6.04%), Vitamin B1: 0.09mg (5.89%), Vitamin C: 4.43mg (5.37%), Vitamin B6: 0.08mg (3.91%), Folate: 12.98µg (3.25%), Copper: 0.06mg (2.86%), Manganese: 0.05mg (2.36%), Fiber: 0.51g (2.04%), Vitamin K: 1.61µg (1.54%), Vitamin B3: 0.24mg (1.2%), Iron: 0.21mg (1.19%)