



Nectarine, Blackberry, and Pecan Sundaes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

Ingredients

- ☐ 1 pint blackberries
- ☐ 3 cups seasoning cubes pitted (from 5)
- ☐ 0.5 cup pecans toasted
- ☐ 3 tablespoons sugar ()
- ☐ 1 pints whipped cream

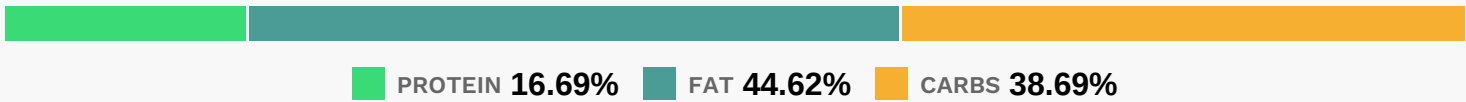
Equipment

- ☐ bowl
- ☐ sieve
- ☐ spatula

Directions

- ☐ Puree blackberries in processor.
- ☐ Transfer puree to sieve set over bowl and strain, pressing with rubber spatula to extract as much pulp and juice as possible. Sweeten sauce to taste.
- ☐ Do ahead: Blackberry sauce can be made 1 day ahead. Cover and chill.
- ☐ Place nectarines in medium bowl. Sweeten to taste, tossing with sugar 1 tablespoon at a time.
- ☐ Let stand 15 minutes. Spoon some sauce into bottom of 6 sundae dishes. Top with 2 tablespoons nectarines, some pecans, 2 scoops ice cream, more blackberry sauce, and more nectarines.
- ☐ Sprinkle with remaining pecans.

Nutrition Facts



Properties

Glycemic Index:27.68, Glycemic Load:16.09, Inflammation Score:-6, Nutrition Score:10.749130508174%

Flavonoids

Cyanidin: 79.8mg, Cyanidin: 79.8mg, Cyanidin: 79.8mg, Cyanidin: 79.8mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 29.88mg, Catechin: 29.88mg, Catechin: 29.88mg, Catechin: 29.88mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 344.09kcal (17.2%), Fat: 17.66g (27.16%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 28.84g (10.49%), Sugar: 27.93g (31.03%), Cholesterol: 65.23mg (21.74%), Sodium: 806.97mg (35.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.73%), Manganese: 0.92mg (46.24%), Fiber: 5.6g (22.42%), Vitamin C: 17.13mg (20.77%), Vitamin K: 16.17µg (15.4%), Vitamin B2: 0.22mg (13.1%), Calcium: 130.23mg (13.02%), Copper: 0.26mg (12.88%), Phosphorus: 125.32mg (12.53%), Vitamin A: 505.86IU (10.12%), Magnesium: 37.8mg (9.45%), Potassium: 322.06mg (9.2%), Zinc: 1.37mg (9.16%), Vitamin E: 1.29mg (8.58%), Vitamin

B5: 0.75mg (7.54%), Vitamin B1: 0.11mg (7.2%), Iron: 1.16mg (6.44%), Folate: 25.66µg (6.41%), Vitamin B12: 0.31µg (5.13%), Vitamin B6: 0.08mg (4.03%), Vitamin B3: 0.71mg (3.54%), Selenium: 2.12µg (3.02%), Vitamin D: 0.16µg (1.05%)