



Paula's Cherries Jubilee

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brandy
- ☐ 0.5 stick butter
- ☐ 16 ounce cherries fresh pitted canned ()
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup sugar
- ☐ 8 servings whipped cream

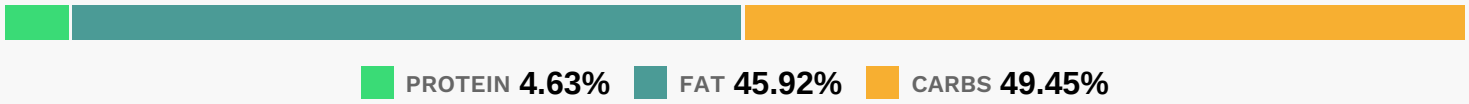
Equipment

- ☐ frying pan

Directions

☐ Drain cherries, reserving all the juice. Melt butter in a saute pan. Stir in cornstarch and sugar until smooth. Gradually stir in the reserved cherry juice. The mixture will thicken up. When it boils, pour in the brandy and turn off the heat. Light the brandy in the pan with a lighter or long match. When the flame dies down, stir in the cherries and serve over ice cream.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:15.32, Inflammation Score:-4, Nutrition Score:4.1813043122706%

Flavonoids

Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 268.18kcal (13.41%), Fat: 13.12g (20.19%), Saturated Fat: 8.13g (50.83%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 30.13g (10.96%), Sugar: 27.49g (30.55%), Cholesterol: 44.22mg (14.74%), Sodium: 98.44mg (4.28%), Alcohol: 2.51g (100%), Alcohol %: 2.2% (100%), Protein: 2.97g (5.95%), Vitamin B2: 0.18mg (10.65%), Vitamin A: 490.64IU (9.81%), Calcium: 93.63mg (9.36%), Phosphorus: 83.33mg (8.33%), Potassium: 259.21mg (7.41%), Fiber: 1.66g (6.65%), Vitamin C: 4.36mg (5.29%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.27µg (4.49%), Magnesium: 15.65mg (3.91%), Zinc: 0.51mg (3.37%), Vitamin B6: 0.06mg (2.99%), Vitamin B1: 0.04mg (2.88%), Vitamin E: 0.4mg (2.68%), Copper: 0.05mg (2.59%), Manganese: 0.05mg (2.35%), Selenium: 1.32µg (1.89%), Vitamin K: 1.88µg (1.79%), Iron: 0.28mg (1.53%), Folate: 5.78µg (1.44%)