



Red Lion Flambe Cherries Jubilee



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



790 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 15 ounce bing cherries in syrup canned
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons kirsch liqueur
- ☐ 0.3 cup orange juice freshly-squeezed

- ☐ 2 tablespoons triple sec
- ☐ 1 pint whipped cream
- ☐ 0.3 cup water

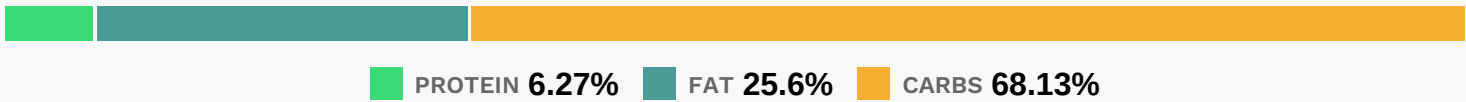
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large saute pan over medium-high heat, add butter, sugar, and honey. Cook until sugar dissolves.
- ☐ Add cherries and its syrup, orange juice, Kirsch, Triple Sec and cinnamon.
- ☐ Bring to a simmer. Prop pan to the side to ignite evaporating liqueur, or remove pan from heat, ignite with a long kitchen match. Return to the heat and continue simmering for 4 to 5 minutes. In a small bowl, mix together the cornstarch and water. Stir slurry into mixture and continue cooking until sauce thickens to desired consistency.
- ☐ Serve warm over vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:58.82, Glycemic Load:19.61, Inflammation Score:-10, Nutrition Score:11.980434801268%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 790.42kcal (39.52%), Fat: 21.58g (33.21%), Saturated Fat: 13.44g (84.01%), Carbohydrates: 129.23g (43.08%), Net Carbohydrates: 118.28g (43.01%), Sugar: 101.49g (112.77%), Cholesterol: 74.62mg (24.87%), Sodium: 185.02mg (8.04%), Alcohol: 5.71g (100%), Alcohol %: 2.37% (100%), Protein: 11.89g (23.79%), Vitamin A: 4565.81IU

(91.32%), Fiber: 10.96g (43.83%), Calcium: 264.86mg (26.49%), Vitamin B2: 0.3mg (17.38%), Phosphorus: 131.36mg (13.14%), Iron: 2.01mg (11.17%), Vitamin C: 8.49mg (10.29%), Potassium: 293.02mg (8.37%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.75mg (7.5%), Zinc: 0.86mg (5.74%), Magnesium: 20.33mg (5.08%), Vitamin B1: 0.06mg (4.27%), Vitamin E: 0.61mg (4.05%), Selenium: 2.54µg (3.63%), Vitamin B6: 0.07mg (3.53%), Folate: 11.13µg (2.78%), Copper: 0.05mg (2.58%), Manganese: 0.05mg (2.54%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.24mg (1.2%), Vitamin K: 1.14µg (1.09%)