



Spumoni Sundaes with Espresso Hot Fudge Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



656 kcal

DESSERT

Ingredients

- ☐ 0.3 cup amaretto
- ☐ 4 ounces bittersweet chocolate 61% chopped (do not exceed cacao)
- ☐ 6 ounces cherries fresh pitted halved
- ☐ 3 tablespoons cherry preserves
- ☐ 1.5 teaspoons coffee powder instant
- ☐ 0.7 cup heavy whipping cream
- ☐ 1 tablespoon honey

- ☐ 1 pint ice cream
- ☐ 6 servings pistachios chopped
- ☐ 2 tablespoons butter unsalted ()
- ☐ 6 servings whipped cream unsweetened

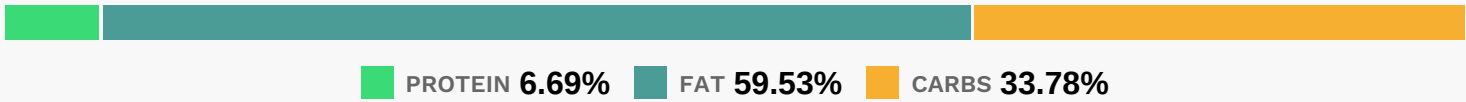
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring amaretto and preserves to boil in saucepan. Reduce heat to medium; boil gently until mixture is reduced to 3 tablespoons, stirring often, 3 to 4 minutes.
- ☐ Remove from heat.
- ☐ Add cherries; let soak at room temperature at least 3 hours. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Bring 2/3 cup cream, honey, and espresso powder to simmer in another small saucepan over medium heat.
- ☐ Remove from heat.
- ☐ Add chocolate and butter; whisk until smooth. DO AHEAD: Fudge sauce can be made 1 day ahead. Cover and chill. Rewarm just until pourable before using.
- ☐ Spoon 1 tablespoon fudge sauce into each of 6 dessert glasses.
- ☐ Add 1 scoop pistachio gelato and 1 scoop vanilla gelato to each glass.
- ☐ Drizzle 1 tablespoon fudge sauce over gelato on each. Top with whipped cream, cherry mixture, and pistachios.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:18.4, Inflammation Score:-7, Nutrition Score:14.95043490244%

Flavonoids

Cyanidin: 10.62mg, Cyanidin: 10.62mg, Cyanidin: 10.62mg, Cyanidin: 10.62mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 656.3kcal (32.81%), Fat: 43.38g (66.74%), Saturated Fat: 20.41g (127.54%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 49.73g (18.08%), Sugar: 41.58g (46.19%), Cholesterol: 80.31mg (26.77%), Sodium: 77.61mg (3.37%), Alcohol: 2.56g (100%), Alcohol %: 1.51% (100%), Caffeine: 26.66mg (8.89%), Protein: 10.96g (21.93%), Copper: 0.65mg (32.74%), Manganese: 0.63mg (31.29%), Phosphorus: 300.28mg (30.03%), Vitamin B6: 0.55mg (27.45%), Fiber: 5.66g (22.64%), Magnesium: 85.49mg (21.37%), Vitamin A: 1022.26IU (20.45%), Vitamin B1: 0.3mg (19.96%), Potassium: 670.42mg (19.15%), Vitamin B2: 0.32mg (18.72%), Calcium: 173.04mg (17.3%), Iron: 2.58mg (14.31%), Zinc: 1.79mg (11.92%), Vitamin E: 1.41mg (9.43%), Selenium: 6.18µg (8.83%), Vitamin B5: 0.81mg (8.12%), Vitamin B12: 0.41µg (6.82%), Vitamin C: 5.08mg (6.16%), Folate: 21.9µg (5.48%), Vitamin D: 0.67µg (4.5%), Vitamin B3: 0.77mg (3.87%), Vitamin K: 3.48µg (3.32%)