



Warm Cherry Sundaes

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



531 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 4 tablespoons almonds toasted sliced
- 16 ounce cherries frozen thawed
- 1 cup cherry juice
- 6 chocolate covered cherries
- 0.5 cup sugar
- 0.3 teaspoon vanilla extract
- 1 quart whipped cream

1 cup whipped dessert topping frozen thawed

Equipment

bowl

frying pan

sauce pan

Directions

Watch how to make this recipe.

In a small saucepan, combine wine or cherry juice and sugar; bring to a boil, stirring until sugar dissolves.

Add cherries and return to a boil.

Remove from heat and transfer cherries to a bowl, leaving liquid in pan.

Let stand 5 minutes. Strain any juice that has accumulated from cherries back into the pan. Bring liquid back to a boil and boil over high heat until volume is reduced by half, about 10 minutes.

Remove from heat and stir in vanilla and almond extracts.

Let cool until lukewarm. Scoop ice cream into 6 stemmed wine glasses or dessert dishes. Top with equal amounts of cherry sauce and whipped topping.

Garnish with almonds and a chocolate covered cherry.

Nutrition Facts



PROTEIN 6.13% **FAT 37.61%** **CARBS 56.26%**

Properties

Glycemic Index:27.18, Glycemic Load:36.04, Inflammation Score:-6, Nutrition Score:10.501739201338%

Flavonoids

Cyanidin: 23mg, Cyanidin: 23mg, Cyanidin: 23mg, Cyanidin: 23mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 3.82mg, Epicatechin:

3.82mg, Epicatechin: 3.82mg, Epicatechin: 3.82mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 530.99kcal (26.55%), Fat: 22.67g (34.87%), Saturated Fat: 12.51g (78.17%), Carbohydrates: 76.28g (25.43%), Net Carbohydrates: 72.72g (26.44%), Sugar: 67.59g (75.09%), Cholesterol: 69.68mg (23.23%), Sodium: 139.07mg (6.05%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 8.31g (16.63%), Vitamin B2: 0.5mg (29.17%), Calcium: 242.85mg (24.29%), Phosphorus: 224.25mg (22.43%), Potassium: 616.34mg (17.61%), Vitamin E: 2.3mg (15.32%), Vitamin A: 722.63IU (14.45%), Fiber: 3.56g (14.22%), Magnesium: 49.76mg (12.44%), Manganese: 0.22mg (11.14%), Vitamin B5: 1.1mg (11.01%), Vitamin B12: 0.64µg (10.73%), Zinc: 1.38mg (9.18%), Copper: 0.16mg (7.83%), Vitamin C: 6.24mg (7.56%), Vitamin B1: 0.1mg (6.81%), Vitamin B6: 0.13mg (6.26%), Iron: 0.94mg (5.2%), Selenium: 3.54µg (5.05%), Folate: 14.3µg (3.57%), Vitamin B3: 0.56mg (2.79%), Vitamin K: 2.5µg (2.38%), Vitamin D: 0.32µg (2.1%)