



Warm Skillet Sour Cherries with Vanilla Ice Cream

READY IN



30 min.

SERVINGS



6

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings accompaniment: bakery butter cookies
- ☐ 2.5 cups cherries fresh sour frozen thawed pitted
- ☐ 2 tablespoons kirsch liqueur
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 6 servings premium vanilla ice cream

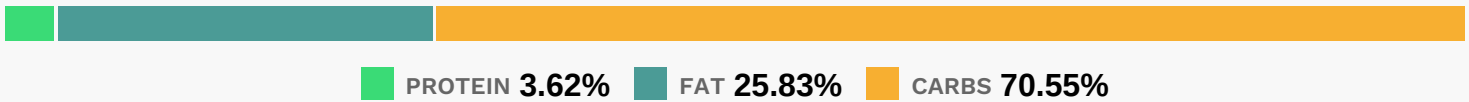
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ stove

Directions

- ☐ Rub together sugar and lemon juice in a 12-inch heavy skillet with your fingertips until mixture resembles wet sand.
- ☐ Heat over moderately high heat, swirling skillet slowly, until sugar is melted and pale golden, 5 to 6 minutes.
- ☐ Add butter and swirl skillet until incorporated, about 30 seconds (mixture will bubble up).
- ☐ Add cherries, swirling skillet to coat, and bring to a boil (cherries will exude liquid; caramel will harden). Cook cherries, swirling skillet, until caramel is dissolved, 5 to 8 minutes.
- ☐ Pour through a medium-mesh sieve set over a bowl, then return liquid to skillet and boil until reduced to about 3/4 cup, 6 to 8 minutes.
- ☐ Remove from heat, then add cherries and kirsch. Return to stove and boil 30 seconds.
- ☐ Spoon warm cherries into shallow bowls and top with scoops of ice cream.
- ☐ Cherries can be cooked 3 hours ahead and kept, covered, at room temperature. Bring to a boil just before serving.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:34.25, Inflammation Score:-3, Nutrition Score:4.0804348121519%

Flavonoids

Cyanidin: 17.37mg, Cyanidin: 17.37mg, Cyanidin: 17.37mg, Cyanidin: 17.37mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epigallocatechin: 0.2mg,

Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 334.28kcal (16.71%), Fat: 9.55g (14.7%), Saturated Fat: 5.76g (35.97%), Carbohydrates: 58.71g (19.57%), Net Carbohydrates: 57.04g (20.74%), Sugar: 54.93g (61.03%), Cholesterol: 34.06mg (11.35%), Sodium: 57.02mg (2.48%), Alcohol: 1.67g (100%), Alcohol %: 1.28% (100%), Protein: 3.01g (6.03%), Vitamin B2: 0.18mg (10.87%), Calcium: 92.9mg (9.29%), Phosphorus: 82.2mg (8.22%), Vitamin A: 373.02IU (7.46%), Potassium: 261.17mg (7.46%), Fiber: 1.67g (6.69%), Vitamin C: 4.74mg (5.75%), Vitamin B5: 0.5mg (5.02%), Vitamin B12: 0.26µg (4.36%), Magnesium: 15.66mg (3.92%), Zinc: 0.5mg (3.36%), Vitamin B6: 0.06mg (3.02%), Vitamin B1: 0.04mg (2.88%), Copper: 0.05mg (2.68%), Manganese: 0.05mg (2.4%), Selenium: 1.41µg (2.02%), Vitamin E: 0.29mg (1.96%), Iron: 0.29mg (1.59%), Vitamin K: 1.57µg (1.49%), Folate: 5.84µg (1.46%), Vitamin D: 0.17µg (1.11%)