

# Brandied Cherries Jubilee

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

## Servings: 12

1 tablespoon cornstarch  
1 tablespoon sugar  
1/2 teaspoon grated orange rind  
1/2 cup unsweetened orange juice  
1/2 cup water  
1 pound fresh sweet cherries, pitted  
1/4 cup brandy  
1 1/2 quarts vanilla ice milk

Combine the cornstarch, sugar and orange rind in a large skillet. Stir in the orange juice and water. Bring to a boil. Add the cherries and simmer for 10 minutes. Transfer the mixture to a chafing dish to keep warm.

Heat the brandy in a small, long-handled pan to produce fumes (do not boil). Ignite the brandy with a long match and pour over the cherries. Spoon the cherries over the ice milk.

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Per Serving (excluding unknown items): 110 Calories; 3g Fat (25.0% calories from fat); 3g Protein; 17g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 57mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	110
% Calories from Fat:	25.0%
% Calories from Carbohydrates:	65.2%
% Calories from Protein:	9.8%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	9mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	57mg
	140mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	11
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
	0

**Potassium (mg):**  
**Calcium (mg):** 92mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 109IU  
**Vitamin A (r.e.):** 31RE

**Fruit:**  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 110                      **Calories from Fat:** 27

### % Daily Values\*

<b>Total Fat</b> 3g	4%
Saturated Fat 2g	9%
<b>Cholesterol</b> 9mg	3%
<b>Sodium</b> 57mg	2%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber trace	0%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	1%
<b>Calcium</b>	9%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.