

Roasted Bourbon Cherries

Better Homes & Gardens Magazine

Yield: 1 1/2 cups

1 bag (12 ounce) frozen pitted tart red or dark sweet cherries
3 tablespoons packed light brown sugar
3 tablespoons bourbon
1/2 teaspoon ground ginger
pinch Kosher salt
1 teaspoon vanilla

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

In a small roasting dish, stir together the cherries, brown sugar, bourbon, ginger and salt.

Roast, stirring occasionally. Stir in the vanilla. Let cool. for about 25 minutes or until the cherries have released a lot of liquid and the mixture smells very fragrant.

Transfer to a clean jar. Refrigerate for up to two weeks.

Serve at room temperature or warm gently in a saucepan over low heat.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 275 Calories; trace Fat (0.3% calories from fat); trace Protein; 42g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	275	Vitamin B6 (mg):	trace
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	117
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	42g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	17mg	Vegetable:	0
Potassium (mg):	156mg	Fruit:	0
Calcium (mg):	36mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0

Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 1IU
 Vitamin A (r.e.): 0RE

Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 275		Calories from Fat: 1
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% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 42g	14%
Dietary Fiber trace	0%
Protein trace	

Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	5%

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