



Berry Brownie Sundae

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



581 kcal

DESSERT

Ingredients

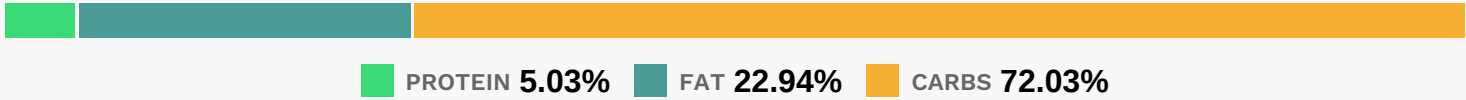
- ☐ 2 oz brownie
- ☐ 1 serving semisweet chocolate curls
- ☐ 3 tablespoons deep dark
- ☐ 0.5 cup raspberry-blueberry sorbet
- ☐ 2 tablespoons whipped cream

Equipment

Directions

- ☐
- Place brownie on a plate. Top with ice cream.
- ☐
- Pour chocolate sauce over ice cream, then top with whipped cream and chocolate curls.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:4.3382609071939%

Nutrients (% of daily need)

Calories: 581.38kcal (29.07%), Fat: 14.73g (22.66%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 104.06g (34.69%), Net Carbohydrates: 100.8g (36.66%), Sugar: 64.82g (72.02%), Cholesterol: 7.47mg (2.49%), Sodium: 419.21mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.85mg (1.62%), Protein: 7.27g (14.54%), Iron: 2.4mg (13.34%), Fiber: 3.25g (13.01%), Manganese: 0.22mg (11.24%), Copper: 0.21mg (10.59%), Vitamin E: 1.56mg (10.42%), Magnesium: 30.11mg (7.53%), Phosphorus: 65.9mg (6.59%), Potassium: 180.78mg (5.17%), Calcium: 37.64mg (3.76%), Zinc: 0.53mg (3.55%), Vitamin B2: 0.06mg (3.42%), Selenium: 1.52µg (2.17%), Vitamin K: 1.67µg (1.59%), Vitamin B1: 0.02mg (1.54%), Vitamin A: 63.29IU (1.27%), Vitamin B12: 0.06µg (1.03%)