



Black, White, and Coffee Sundaes

READY IN



45 min.

SERVINGS



6

CALORIES



942 kcal

DESSERT

Ingredients

- ☐ 1 pint ice-cream chocolate shell
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons framboise eau-de-vie (clear raspberry brandy)
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.5 cup half and half
- ☐ 0.3 cup honey
- ☐ 1 pint coffee ice cream
- ☐ 1 cup raspberries unsweetened frozen
- ☐ 2 tablespoons raspberry jam seedless

- ☐ 6 ounces bittersweet chocolate unsweetened finely chopped (not)
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 pint whipped cream
- ☐ 1 cup walnuts toasted cut into 1/2-inch pieces
- ☐ 0.3 cup water

Equipment

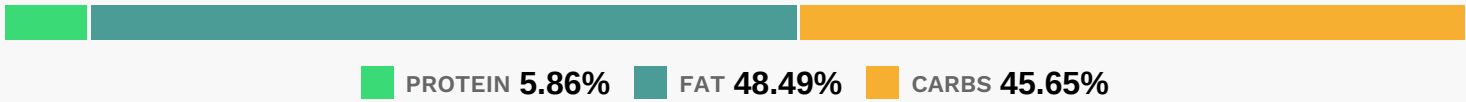
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring honey, sugar, and 1/4 cup water to boil in heavy small saucepan over medium heat, stirring until sugar dissolves. Boil mixture 1 minute.
- ☐ Remove from heat.
- ☐ Mix in vanilla extract, then walnuts.
- ☐ Transfer sauce to small bowl. Cover and chill.
- ☐ Place frozen raspberries in small bowl. Stir 1/3 cup water, sugar and cornstarch in heavy small saucepan until cornstarch dissolves.
- ☐ Mix in jam. Stir over medium heat until sugar dissolves and mixture comes to boil and thickens slightly, about 1 minute.
- ☐ Pour hot mixture over frozen raspberries; stir in framboise. Cover and chill.
- ☐ Bring half and half to simmer in heavy small saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate; stir until smooth. (Sauces can be made 2 days ahead; keep walnut and raspberry sauces cold. Cover chocolate sauce and chill. Before serving, rewarm chocolate sauce over low heat, stirring often.)
- ☐ Place 1 scoop of each ice cream in each of 6 sundae dishes. Spoon walnut sauce over chocolate ice cream, raspberry sauce over vanilla ice cream and chocolate sauce over coffee ice cream.

Garnish with fresh raspberries, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:65.89, Glycemic Load:44.58, Inflammation Score:-8, Nutrition Score:21.066087017889%

Flavonoids

Cyanidin: 9.68mg, Cyanidin: 9.68mg, Cyanidin: 9.68mg, Cyanidin: 9.68mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 941.93kcal (47.1%), Fat: 52.07g (80.1%), Saturated Fat: 24.94g (155.85%), Carbohydrates: 110.29g (36.76%), Net Carbohydrates: 103.26g (37.55%), Sugar: 93.86g (104.29%), Cholesterol: 104.97mg (34.99%), Sodium: 207.86mg (9.04%), Alcohol: 0.24g (100%), Alcohol %: 0.08% (100%), Caffeine: 26.75mg (8.92%), Protein: 14.17g (28.33%), Manganese: 1.32mg (65.98%), Copper: 0.85mg (42.26%), Phosphorus: 418.39mg (41.84%), Vitamin B2: 0.63mg (37.23%), Calcium: 361.38mg (36.14%), Magnesium: 133.63mg (33.41%), Fiber: 7.03g (28.12%), Potassium: 839.05mg (23.97%), Vitamin A: 1088.16IU (21.76%), Zinc: 3.1mg (20.68%), Iron: 3.54mg (19.69%), Vitamin B5: 1.7mg (16.97%), Vitamin B12: 0.93µg (15.55%), Selenium: 9.22µg (13.17%), Vitamin B6: 0.26mg (13.15%), Vitamin B1: 0.19mg (12.46%), Folate: 45.53µg (11.38%), Vitamin C: 7.83mg (9.49%), Vitamin E: 1.25mg (8.31%), Vitamin B3: 0.99mg (4.95%), Vitamin K: 5.1µg (4.86%), Vitamin D: 0.47µg (3.15%)