



## Cajeta Ice Cream Sundaes



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



350 kcal

### Ingredients

- 0.3 cup rum / brandy / coffee liqueur such as kahlúa
- 0.5 cup pecans toasted chopped
- 3 cups whipped cream
- 0.5 cup cajeta
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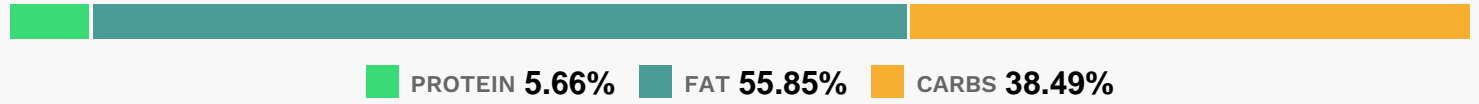
### Equipment

- bowl

## Directions

- Scoop ice cream into bowls or widemouthed wineglasses.
- Drizzle liqueur and cajeta on top and sprinkle with pecans.
- \*Find at Latino markets.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:13.89, Inflammation Score:-4, Nutrition Score:7.1430434610533%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

## Nutrients (% of daily need)

Calories: 349.67kcal (17.48%), Fat: 20.74g (31.91%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 30.16g (10.97%), Sugar: 28.43g (31.59%), Cholesterol: 43.56mg (14.52%), Sodium: 80.38mg (3.49%), Alcohol: 3.2g (100%), Alcohol %: 3.18% (100%), Protein: 4.73g (9.46%), Manganese: 0.62mg (31.05%), Vitamin B2: 0.26mg (15.02%), Phosphorus: 141.69mg (14.17%), Calcium: 136.26mg (13.63%), Copper: 0.19mg (9.31%), Vitamin B1: 0.13mg (8.7%), Zinc: 1.3mg (8.67%), Vitamin A: 424.42IU (8.49%), Fiber: 2g (8%), Magnesium: 30.35mg (7.59%), Potassium: 252.87mg (7.22%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.39µg (6.43%), Vitamin B6: 0.08mg (3.81%), Selenium: 2.3µg (3.29%), Vitamin E: 0.49mg (3.25%), Iron: 0.43mg (2.41%), Folate: 7.95µg (1.99%), Vitamin B3: 0.27mg (1.37%), Vitamin D: 0.2µg (1.32%)