



Chocolate-Raspberry Sundaes

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



710 kcal

Ingredients

- 0.5 pint ice-cream chocolate shell
- 1 bittersweet chocolate bar for shaving
- 1 jar fudge sauce hot
- 2 slices marbled pound cake store bought
- 1 pint raspberries
- 0.5 pint raspberry sorbet
- 2 servings whipped cream

Equipment

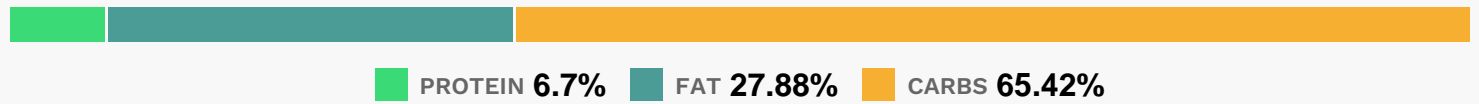
- pot

peeler

Directions

- Heat the fudge sauce in small pot.
- Add in raspberries and mash the berries into sauce. Turn off heat.
- Place a slice of cake or a brownie on each dessert plate. Top with 1 scoop each of chocolate ice cream and raspberry sorbet, top with a river of raspberry hot fudge and a swirl of whipped cream.
- Garnish with shaved chocolate, shaved with a vegetable peeler.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:19.7, Inflammation Score:-8, Nutrition Score:25.848260744758%

Flavonoids

Cyanidin: 108.29mg, Cyanidin: 108.29mg, Cyanidin: 108.29mg, Cyanidin: 108.29mg Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.32mg, Pelargonidin: 2.32mg, Pelargonidin: 2.32mg, Pelargonidin: 2.32mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 8.33mg, Epicatechin: 8.33mg, Epicatechin: 8.33mg, Epicatechin: 8.33mg Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg, Epigallocatechin 3-gallate: 1.28mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 710.46kcal (35.52%), Fat: 22.69g (34.91%), Saturated Fat: 12.26g (76.65%), Carbohydrates: 119.8g (39.93%), Net Carbohydrates: 99.47g (36.17%), Sugar: 79.78g (88.65%), Cholesterol: 76.22mg (25.41%), Sodium: 362.04mg (15.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.62mg (5.21%), Protein: 12.27g (24.55%), Manganese: 2mg (100.06%), Fiber: 20.33g (81.32%), Vitamin C: 62.82mg (76.14%), Magnesium: 115.19mg (28.8%), Copper: 0.57mg (28.41%), Phosphorus: 278.51mg (27.85%), Iron: 4.44mg (24.68%), Vitamin B2: 0.41mg (24.19%), Calcium: 224.07mg (22.41%), Potassium: 771.12mg (22.03%), Folate: 82.91µg (20.73%), Vitamin K: 20µg (19.05%), Vitamin E: 2.62mg (17.46%), Vitamin B5: 1.64mg (16.38%), Zinc: 2.23mg (14.87%), Vitamin B1: 0.21mg (13.68%), Vitamin A: 664.49IU (13.29%), Vitamin B3: 2.38mg (11.92%), Vitamin B6: 0.22mg (10.91%), Selenium: 7.43µg (10.62%),

Vitamin B12: 0.46µg (7.63%), Vitamin D: 0.32µg (2.14%)