



Chocolate-Shortbread Sundae



Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



529 kcal

Ingredients

- ☐ 11.8 oz topping hot warmed
- ☐ 6 servings maraschino cherries (with stems)
- ☐ 0.3 cup pecans chopped
- ☐ 12 shortbread cookies
- ☐ 4 cups whipped cream

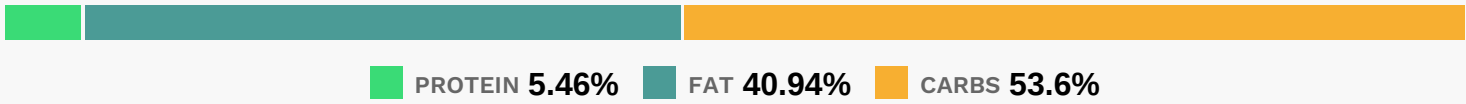
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Scoop vanilla ice cream into 6 (8-oz.) serving bowls. Arrange 2 cookies on sides of ice cream in each bowl.
- ☐ Sprinkle with chopped chocolate and pecans; top with desired amount of hot fudge topping.
- ☐ Serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:20.32, Inflammation Score:-4, Nutrition Score:9.7826085608938%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 529.37kcal (26.47%), Fat: 24.23g (37.28%), Saturated Fat: 10.18g (63.63%), Carbohydrates: 71.39g (23.8%), Net Carbohydrates: 68.22g (24.81%), Sugar: 44.48g (49.42%), Cholesterol: 39.28mg (13.09%), Sodium: 333.29mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.89mg (1.3%), Protein: 7.27g (14.55%), Manganese: 0.57mg (28.59%), Vitamin B2: 0.33mg (19.55%), Phosphorus: 176.38mg (17.64%), Copper: 0.31mg (15.56%), Vitamin E: 2.3mg (15.33%), Calcium: 149.38mg (14.94%), Fiber: 3.17g (12.69%), Magnesium: 49.3mg (12.32%), Vitamin B1: 0.17mg (11.03%), Potassium: 376.27mg (10.75%), Zinc: 1.45mg (9.69%), Iron: 1.57mg (8.73%), Vitamin A: 394.43IU (7.89%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.38µg (6.28%), Selenium: 4.34µg (6.2%), Folate: 24.15µg (6.04%), Vitamin B3: 0.97mg (4.84%), Vitamin B6: 0.08mg (4.03%), Vitamin K: 4.14µg (3.94%), Vitamin D: 0.18µg (1.17%)