



Coffee Ice-Cream Sundae with Dark Chocolate-Sea Salt Almond Bark

 Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds whole toasted chopped
- ☐ 0.5 cup chocolate chips (such as Ghirardelli)
- ☐ 0.5 teaspoon sea salt
- ☐ 3 cups vanilla ice cream light (such as Edy's)
- ☐ 6 tablespoons cool whip fat-free refrigerated canned (such as Reddi-wip)

Equipment

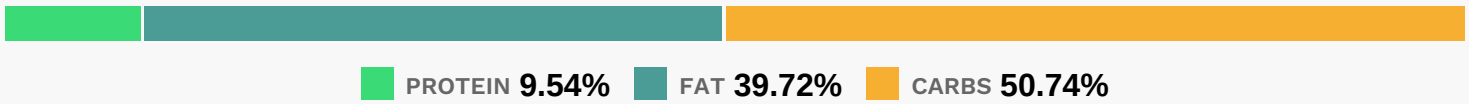
- ☐ bowl

- ☐ frying pan
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Place chocolate chips in a microwave-safe 1-cup glass measure. Microwave at HIGH 1 1/2 minutes or until chocolate melts, stirring after 1 minute.
- ☐ Add almonds, stirring just until combined.
- ☐ Spread mixture evenly on a jelly-roll pan lined with wax paper; sprinkle evenly with sea salt. Freeze 20 minutes. Break into pieces.
- ☐ Spoon 1/2 cup ice cream into each of 6 individual serving bowls; top each serving with whipped topping and broken bark pieces.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:8.04, Inflammation Score:-3, Nutrition Score:6.5613043152768%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 259kcal (12.95%), Fat: 11.58g (17.81%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 31.72g (11.53%), Sugar: 22.89g (25.43%), Cholesterol: 21.39mg (7.13%), Sodium: 269.38mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Calcium: 188.82mg (18.88%), Vitamin B2: 0.32mg (18.6%), Phosphorus: 128.9mg (12.89%), Vitamin E: 1.86mg (12.37%), Potassium: 301.6mg (8.62%), Zinc: 1.28mg (8.56%), Magnesium: 32.49mg (8.12%), Manganese: 0.16mg (8.07%), Vitamin B12: 0.47µg (7.76%), Vitamin A: 349.91IU (7%), Fiber: 1.56g (6.24%), Copper: 0.1mg (5.14%), Vitamin B5: 0.51mg (5.06%), Vitamin B1: 0.07mg (4.94%), Selenium: 2.68µg (3.83%), Vitamin B6: 0.07mg (3.37%), Iron: 0.56mg (3.12%), Folate: 11.1µg (2.77%), Vitamin

B3: 0.49mg (2.46%), Vitamin K: 1.47µg (1.4%), Vitamin C: 0.99mg (1.2%)