



## Cookie Box Sundaes

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



191 kcal

### Ingredients

- 1 serving chess men butter cookies
- 1 serving topping
- 1 serving whipped cream
- 1 serving strawberries

### Equipment

- frying pan

### Directions

- Scoop ice cream onto a cold jelly-roll pan; freeze 2 hours. Press 4 butter cookies onto sides of each scoop, forming a box. Top each with 1 scoop of ice cream. Freeze up to 2 hours.
- Serve with Espresso-Hot Fudge Sauce and strawberries.
- Note: We tested with Pepperidge Farm Chessmen Cookies.

## Nutrition Facts

■ PROTEIN **6.89%**
■ FAT **36.37%**
■ CARBS **56.74%**

### Properties

Glycemic Index:101, Glycemic Load:12.49, Inflammation Score:-6, Nutrition Score:10.979565179866%

### Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

### Nutrients (% of daily need)

Calories: 190.84kcal (9.54%), Fat: 7.96g (12.25%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 24.57g (8.94%), Sugar: 21.67g (24.07%), Cholesterol: 29.05mg (9.68%), Sodium: 61.27mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin C: 85.07mg (103.12%), Manganese: 0.56mg (28.24%), Fiber: 3.37g (13.48%), Vitamin B2: 0.19mg (11.23%), Calcium: 108.01mg (10.8%), Phosphorus: 104.83mg (10.48%), Potassium: 354.5mg (10.13%), Folate: 37.9µg (9.48%), Magnesium: 28.44mg (7.11%), Vitamin A: 295.16IU (5.9%), Vitamin B5: 0.56mg (5.65%), Vitamin B6: 0.1mg (4.98%), Zinc: 0.67mg (4.44%), Copper: 0.09mg (4.39%), Vitamin B12: 0.26µg (4.3%), Vitamin E: 0.64mg (4.28%), Vitamin B1: 0.06mg (4.13%), Iron: 0.66mg (3.68%), Vitamin K: 3.39µg (3.23%), Vitamin B3: 0.63mg (3.17%), Selenium: 1.79µg (2.55%)