



Cran-applesauce Sundaes



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



302 kcal

Ingredients

- ☐ 1.5 cups all natural apple sauce
- ☐ 2 pinches ground cinnamon
- ☐ 2 teaspoons orange zest
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 pints whipped cream french
- ☐ 8 servings whipped cream

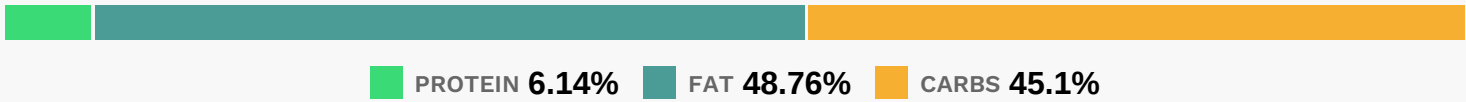
Equipment

- ☐ pot
- ☐ microwave

Directions

- ☐ For dessert, warm the apple and cranberry sauces in microwave or in a small pot over low heat and season with cinnamon and orange zest.
- ☐ Place a little cranapple sauce in the bottom of a sundae dish, top with 2 scoops ice cream, more sauce and whipped cream, garnish with chopped pecans.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:16.95, Inflammation Score:-4, Nutrition Score:6.2456521547359%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 301.98kcal (15.1%), Fat: 16.62g (25.57%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.78g (11.92%), Sugar: 29.98g (33.31%), Cholesterol: 56.61mg (18.87%), Sodium: 96.07mg (4.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin B2: 0.31mg (18.01%), Calcium: 164.78mg (16.48%), Phosphorus: 140.67mg (14.07%), Vitamin A: 556.96IU (11.14%), Manganese: 0.2mg (10.19%), Potassium: 292.9mg (8.37%), Vitamin B12: 0.48µg (7.98%), Vitamin B5: 0.75mg (7.54%), Fiber: 1.81g (7.26%), Zinc: 1mg (6.65%), Magnesium: 22.6mg (5.65%), Vitamin B1: 0.08mg (5.58%), Vitamin B6: 0.08mg (3.97%), Copper: 0.08mg (3.93%), Selenium: 2.48µg (3.54%), Vitamin E: 0.52mg (3.45%), Vitamin C: 1.89mg (2.29%), Folate: 8.31µg (2.08%), Iron: 0.32mg (1.77%), Vitamin D: 0.26µg (1.74%), Vitamin B3: 0.22mg (1.12%)