



Double Chocolate-Almond Vegan Ice Cream Sundae



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



456 kcal

DESSERT

Ingredients

- ☐ 0.5 cup raw" almonds or
- ☐ 2 tablespoons vanilla almond milk beverage as needed (I used So Delicious Almond Plus Protein)
- ☐ 8 servings almonds sliced (I used maple-vanilla coated almonds!)
- ☐ 2 pints dairy-free chocolate ice cream frozen (I used So Delicious Almond Milk Dessert)
- ☐ 0.3 cup coconut oil melted for options (see note below)
- ☐ 8 servings dairy-free chocolate chips mini
- ☐ 0.3 cup maple syrup (can sub another sweetener, if desired)

- ☐ 2 pinches salt
- ☐ 0.3 teaspoon vanilla extract

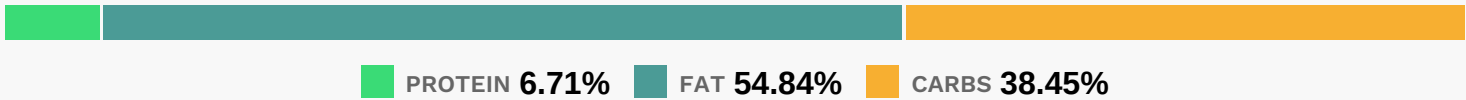
Equipment

- ☐ food processor
- ☐ whisk
- ☐ blender

Directions

- ☐ If using almonds, grind them in a spice grinder or small food processor until they powder or even begin to turn a bit buttery.
- ☐ Place the ground almonds or almond butter, maple syrup, coconut oil, almond milk, vanilla, and pinches of salt in your blender, and whiz until smooth. If using ground nuts, it will thicken as it sits. Simply blend in more almond milk to your desired consistency once ready to use.Scoop the ice cream between eight dishes (you can do just one or more servings, and save some of the sauce for later!), drizzle on the sauce, top with chocolate chips, almonds, and if desired, a sprinkling of coarse sea salt (I can't get enough of the sweet and salty contrast!).Store any leftover sauce in the refrigerator for up to a few days – it can also be frozen. Note that the sauce will set-up. Reheat it before using again, whisk, and if needed, whisk in some more almond milk to your desired consistency.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:19.29, Inflammation Score:-5, Nutrition Score:12.023478342139%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 456.13kcal (22.81%), Fat: 29.32g (45.1%), Saturated Fat: 14.55g (90.95%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 43.02g (15.64%), Sugar: 39.31g (43.68%), Cholesterol: 40.22mg (13.41%), Sodium: 194mg (8.43%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Caffeine: 3.55mg (1.18%), Protein: 8.07g (16.14%), Manganese: 0.83mg (41.53%), Vitamin B2: 0.56mg (32.83%), Vitamin E: 4.4mg (29.34%), Phosphorus: 210.77mg (21.08%), Magnesium: 83.43mg (20.86%), Calcium: 206.42mg (20.64%), Copper: 0.32mg (15.8%), Fiber: 3.23g (12.93%), Potassium: 449.15mg (12.83%), Iron: 1.77mg (9.85%), Vitamin A: 492.27IU (9.85%), Zinc: 1.33mg (8.85%), Vitamin B5: 0.71mg (7.1%), Folate: 27.65µg (6.91%), Vitamin B12: 0.34µg (5.72%), Selenium: 3.37µg (4.82%), Vitamin B1: 0.07mg (4.47%), Vitamin B6: 0.08mg (4.13%), Vitamin B3: 0.81mg (4.04%), Vitamin D: 0.24µg (1.58%)