



Double Chocolate-Raspberry Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



390 kcal

DESSERT

Ingredients

- 0.3 cup almonds
- 3 cups ice-cream chocolate shell
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 2 teaspoons juice of lemon
- 0.5 cup brown sugar light
- 2 cups raspberries fresh
- 0.5 ounce bittersweet chocolate shaved with a vegetable peeler
- 2 tablespoons butter unsalted

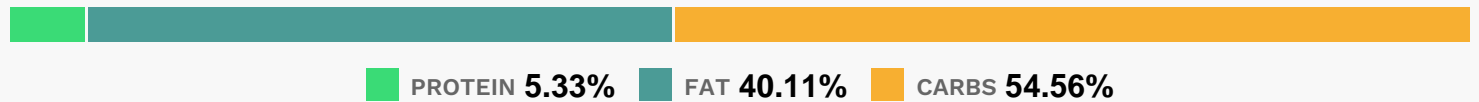
Equipment

- bowl
- frying pan

Directions

- Roast almonds in a medium skillet over medium–low heat, shaking until nuts are fragrant and toasted, about 8 minutes.
- Let almonds cool, then coarsely chop.
- Melt butter in same skillet; add brown sugar and lemon juice and cook, stirring constantly with a fork, until melted and smooth.
- Add cranberry–raspberry juice and bring to a boil over medium–high heat. Cook until reduced by half, remove from heat and add raspberries. Stir gently for 1 to 2 minutes, until berries are warm and sauce is cooled slightly.
- Scoop ice cream into ice cream bowls or parfait glasses, spoon sauce on top, and sprinkle with toasted almonds and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:13.15, Inflammation Score:-6, Nutrition Score:10.713043466858%

Flavonoids

Cyanidin: 22.15mg, Cyanidin: 22.15mg, Cyanidin: 22.15mg, Cyanidin: 22.15mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 389.67kcal (19.48%), Fat: 18.26g (28.09%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 55.89g (18.63%), Net Carbohydrates: 50.66g (18.42%), Sugar: 48.05g (53.38%), Cholesterol: 39.14mg (13.05%), Sodium: 68.33mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.81mg (1.6%), Protein: 5.45g (10.91%), Manganese: 0.65mg (32.4%), Fiber: 5.22g (20.89%), Vitamin C: 16.26mg (19.71%), Vitamin E: 2.94mg (19.59%), Magnesium: 61.55mg (15.39%), Vitamin B2: 0.26mg (15.39%), Phosphorus: 146.1mg (14.61%), Copper: 0.28mg (14.23%), Calcium: 141.07mg (14.11%), Potassium: 390.32mg (11.15%), Vitamin A: 498.25IU (9.96%), Iron: 1.73mg (9.64%), Vitamin B5: 0.68mg (6.77%), Folate: 26.94µg (6.73%), Zinc: 1mg (6.65%), Vitamin K: 5.87µg (5.59%), Vitamin B6: 0.1mg (5.2%), Vitamin B1: 0.07mg (4.48%), Selenium: 2.95µg (4.22%), Vitamin B12: 0.24µg (4.07%), Vitamin B3: 0.8mg (4%), Vitamin D: 0.24µg (1.62%)