



Double Strawberry-Chocolate Chip Sundaes



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 2 pints ice-cream chocolate shell softened
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 pints strawberries fresh hulled sliced
- ☐ 0.3 cup sugar

Equipment

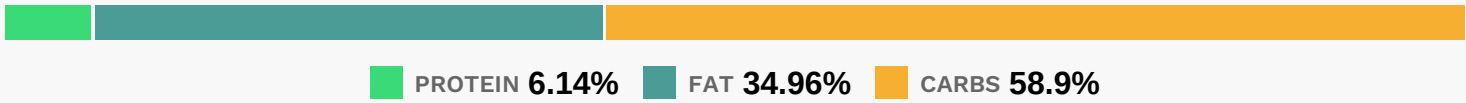
- ☐ food processor
- ☐ bowl
- ☐ sauce pan

☐ blender

Directions

- ☐ Reserve 1 cup of sliced strawberries.
- ☐ Combine remaining strawberries, sugar, lemon zest and 1/4 cup water in a medium saucepan. Bring to a boil. Cook, stirring often, until berries are softened, about 5 minutes.
- ☐ Transfer to a blender or food processor and pulse once or twice to make a chunky sauce.
- ☐ Transfer to a bowl and refrigerate until chilled.
- ☐ Combine ice cream and reserved strawberries in a large bowl and mash ice cream with back of a large spoon until strawberries and ice cream are well combined. Cover bowl with plastic and return to freezer to firm up, at least 30 minutes and up to 1 day.
- ☐ Divide ice cream among 6 sundae dishes and top each portion with chilled strawberry sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:32.63, Inflammation Score:-7, Nutrition Score:16.399565168049%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 434.09kcal (21.7%), Fat: 17.86g (27.48%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 62.63g (22.77%), Sugar: 58.88g (65.42%), Cholesterol: 53.63mg (17.88%), Sodium: 121.58mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.73mg (1.58%), Protein: 7.06g (14.11%), Vitamin C: 94.28mg (114.27%), Manganese: 0.83mg (41.5%), Phosphorus: 206.66mg (20.67%), Fiber: 5.08g (20.33%), Vitamin B2: 0.34mg (20.18%), Calcium: 197.71mg (19.77%), Potassium: 634.81mg (18.14%), Magnesium: 66.29mg (16.57%), Folate: 63.13µg (15.78%), Copper: 0.29mg (14.49%), Vitamin A: 675.23IU (13.5%), Iron: 2.12mg (11.79%), Vitamin B5: 1.07mg (10.72%), Vitamin B6: 0.16mg (8.07%), Vitamin B12: 0.46µg (7.62%), Zinc: 1.14mg (7.58%), Vitamin B1: 0.1mg (6.95%), Selenium: 4.64µg (6.63%), Vitamin E: 0.93mg (6.21%), Vitamin B3: 0.97mg (4.83%), Vitamin K: 3.94µg (3.76%), Vitamin D: 0.32µg (2.1%)