



Dulce de Leche Ice Cream with Fresh Strawberries and Mexican Chocolate Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 pints dulce de leche
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 pound strawberries fresh hulled quartered
- ☐ 0.7 cup whipping cream

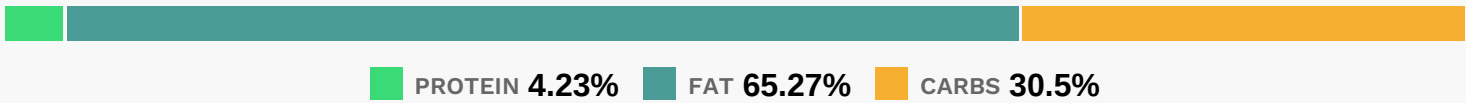
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place first 4 ingredients in medium metal bowl. Set bowl over saucepan of simmering water; stir until smooth.
- ☐ Divide ice cream among 6 bowls.
- ☐ Sprinkle berries over. Spoon warm or room-temperature sauce over.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:10.031739120898%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 279.2kcal (13.96%), Fat: 20.65g (31.76%), Saturated Fat: 12.34g (77.14%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 17.74g (6.45%), Sugar: 14.89g (16.54%), Cholesterol: 31.58mg (10.53%), Sodium: 10.78mg (0.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.01g (6.02%), Vitamin C: 44.66mg (54.13%), Manganese: 0.73mg (36.34%), Copper: 0.39mg (19.71%), Fiber: 3.97g (15.87%), Magnesium: 61.84mg (15.46%), Iron: 2.16mg (11.99%), Phosphorus: 107.53mg (10.75%), Potassium: 303.81mg (8.68%), Vitamin A: 430.3IU (8.61%), Zinc: 0.93mg (6.18%), Calcium: 50.53mg (5.05%), Selenium: 3.49µg (4.99%), Folate: 19.27µg

(4.82%), Vitamin B2: 0.08mg (4.75%), Vitamin K: 4.69µg (4.46%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.42µg (2.82%), Vitamin B6: 0.06mg (2.8%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.25mg (2.48%), Vitamin B1: 0.03mg (2.18%), Vitamin B12: 0.09µg (1.56%)