



## Florentine Sundaes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

### Ingredients

- ☐ 4 servings florentine cookies
- ☐ 4 servings grand marnier
- ☐ 4 servings garnish: orange peel
- ☐ 4 servings whipped cream

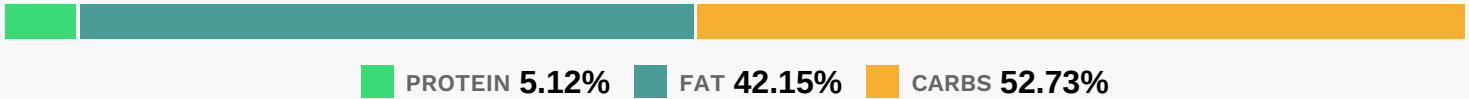
### Equipment

- ☐ bowl

### Directions

- ☐
- For each sundae: Fill a bowl, Martini glass, or widemouthed wineglass with 3 generous scoops of vanilla ice cream.
- ☐
- Drizzle ice cream with a teaspoon or more of orange liqueur (such as Grand Marnier). Coarsely chop half of a Florentine cookie and sprinkle over the ice cream.
- ☐
- Garnish with a whole cookie and 1 or 2 thin strips of orange peel (each about 2 to 3 inches long).

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:20.42, Inflammation Score:-4, Nutrition Score:6.4882608859435%

## Nutrients (% of daily need)

Calories: 338.38kcal (16.92%), Fat: 14.66g (22.56%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 39.17g (14.24%), Sugar: 24.87g (27.63%), Cholesterol: 29.04mg (9.68%), Sodium: 153.2mg (6.66%), Alcohol: 3.9g (100%), Alcohol %: 4.09% (100%), Caffeine: 3.9mg (1.3%), Protein: 4.01g (8.02%), Vitamin C: 16.72mg (20.26%), Vitamin B2: 0.26mg (15.23%), Calcium: 107.59mg (10.76%), Vitamin B1: 0.14mg (9.39%), Phosphorus: 91.2mg (9.12%), Fiber: 2.1g (8.39%), Folate: 29.58µg (7.39%), Vitamin A: 352.34IU (7.05%), Manganese: 0.13mg (6.38%), Vitamin E: 0.91mg (6.07%), Vitamin B3: 1.12mg (5.62%), Iron: 1mg (5.55%), Potassium: 185.92mg (5.31%), Vitamin B5: 0.53mg (5.27%), Selenium: 3.09µg (4.41%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.63mg (4.18%), Magnesium: 16.25mg (4.06%), Vitamin B6: 0.07mg (3.63%), Vitamin K: 3.28µg (3.12%), Copper: 0.06mg (2.87%)