



Fruity summer sundaes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



633 kcal

DESSERT

Ingredients

- ☐ 142 ml double cream
- ☐ 2 tbsp powdered sugar
- ☐ 12 strawberries whole chopped
- ☐ 4 small nectarines chopped
- ☐ 4 scoops whipped cream
- ☐ 4 scoops poached berries english (we like Bottlegreen Summer sorbet)
- ☐ 4 servings unrefined sunflower oil for greasing
- ☐ 50 g sugar

- ☐ 50 g macadamia nuts toasted
- ☐ 350 g strawberries hulled
- ☐ 1 tbsp powdered sugar

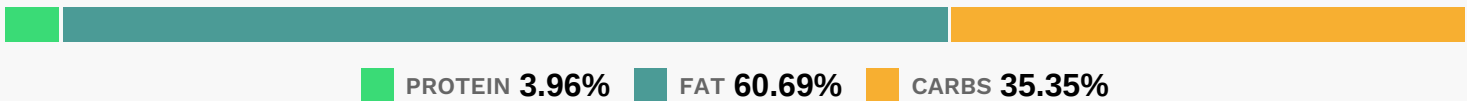
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sieve

Directions

- ☐ Make the brittle: oil a baking sheet and set aside. Gently heat the caster sugar in a small, non-stick frying pan, stirring until dissolved.
- ☐ Add the nuts. When the sugar becomes a deep caramel, pour onto the baking sheet and leave until completely cold. Snap the brittle into pieces, then pulse in a food processor to coarse crumbs. Can be made up to a week ahead. Store in an airtight container.
- ☐ For the sauce, whizz the strawberries in a food processor until smooth. Sieve into a bowl, then stir in the icing sugar. Set aside.
- ☐ To assemble the sundaes, whip the cream with the icing sugar until it just holds its shape. In a tall glass, layer up the chopped fruit, brittle, ice cream, sorbet and sauce, finishing with swirls of cream, more brittle and the whole strawberries.

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:25.08, Inflammation Score:-8, Nutrition Score:18.943043646605%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin:

0.6mg Malvidin: 0.51mg, Malvidin: 0.51mg, Malvidin: 0.51mg, Malvidin: 0.51mg Pelargonidin: 30.69mg, Pelargonidin: 30.69mg, Pelargonidin: 30.69mg, Pelargonidin: 30.69mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 633.36kcal (31.67%), Fat: 44.4g (68.31%), Saturated Fat: 15.6g (97.51%), Carbohydrates: 58.2g (19.4%), Net Carbohydrates: 52.24g (18.99%), Sugar: 50.25g (55.83%), Cholesterol: 69.39mg (23.13%), Sodium: 81.33mg (3.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Vitamin C: 77.14mg (93.51%), Manganese: 1.07mg (53.53%), Vitamin E: 7.5mg (49.97%), Vitamin A: 1246.38IU (24.93%), Fiber: 5.97g (23.88%), Vitamin B2: 0.31mg (18.33%), Phosphorus: 176.8mg (17.68%), Vitamin B1: 0.26mg (17.16%), Potassium: 570.12mg (16.29%), Calcium: 141.28mg (14.13%), Copper: 0.28mg (14.01%), Magnesium: 55.7mg (13.93%), Vitamin B3: 2.34mg (11.68%), Folate: 43.55µg (10.89%), Vitamin B5: 0.96mg (9.64%), Vitamin B6: 0.17mg (8.47%), Iron: 1.46mg (8.12%), Zinc: 1.15mg (7.67%), Vitamin K: 7.56µg (7.2%), Vitamin B12: 0.31µg (5.24%), Selenium: 3.32µg (4.74%), Vitamin D: 0.7µg (4.69%)