



 **94%**
HEALTH SCORE

Gelato or Sorbetto on Pizzelle Cookies Sundaes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



461 kcal

DESSERT

Ingredients

- 6 anise pizzelle flavored (store or bakery-bought)
- 3 tablespoons granulated sugar
- 4 servings hazelnut gelato
- 4 servings pistachios and hazelnuts chopped
- 4 servings fudge sauce hot
- 4 servings lemon sorbetto
- 1 tablespoon juice of lemon fresh

- 4 servings mint sprigs fresh
- 1 pint strawberries fresh sliced

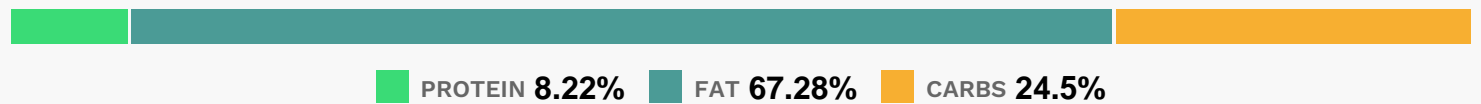
Equipment

- bowl

Directions

- For the gelato sundaes: Top the cookies with a large scoop of pistachio gelato, drizzle with hot fudge and sprinkle with pistachios.
- Mix together the strawberries, sugar and lemon juice in a bowl and let macerate for 15 minutes.
- Place a large scoop of lemon sorbetto on each cookie and top with some of the strawberries and their juices and garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:9.74, Inflammation Score:-7, Nutrition Score:24.870000041454%

Flavonoids

Cyanidin: 6.01mg, Cyanidin: 6.01mg, Cyanidin: 6.01mg, Cyanidin: 6.01mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg, Catechin: 4.39mg Epigallocatechin: 2.59mg, Epigallocatechin: 2.59mg, Epigallocatechin: 2.59mg, Epigallocatechin: 2.59mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:

1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 461.41kcal (23.07%), Fat: 37.23g (57.28%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 21.79g (7.92%), Sugar: 17.99g (19.99%), Cholesterol: 0.01mg (0%), Sodium: 5.46mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Manganese: 4.21mg (210.72%), Vitamin C: 79.13mg (95.92%), Vitamin E: 9.39mg (62.57%), Copper: 1.11mg (55.65%), Fiber: 8.72g (34.88%), Magnesium: 117.79mg (29.45%), Vitamin B1: 0.42mg (28.28%), Folate: 99.04µg (24.76%), Iron: 3.97mg (22.07%), Phosphorus: 212.11mg (21.21%), Vitamin B6: 0.41mg (20.6%), Potassium: 632.84mg (18.08%), Zinc: 1.74mg (11.61%), Vitamin K: 11.15µg (10.62%), Calcium: 102.07mg (10.21%), Vitamin B3: 1.61mg (8.06%), Vitamin B5: 0.73mg (7.33%), Vitamin B2: 0.11mg (6.2%), Selenium: 2.1µg (3%), Vitamin A: 75.13IU (1.5%)