



Ice Cream-Strawberry Hearts

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



604 kcal

DESSERT

Ingredients

- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon powdered sugar
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 2 cups strawberries fresh quartered
- ☐ 1 cup whipped cream

Equipment

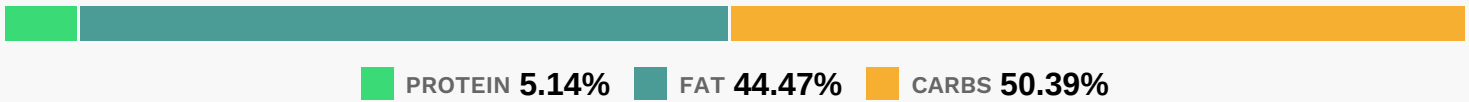
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ cookie cutter
- ☐ cutting board

Directions

- ☐ Heat oven to 450F. In medium bowl, gently mix strawberries and granulated sugar.
- ☐ Let stand at room temperature 30 minutes to sweeten strawberries.
- ☐ Remove pie crust from pouch; unroll onto cutting board. With 4 1/2-inch and 3-inch heart-shaped cookie cutters, cut out 4 large heart shapes and 4 small heart shapes from crust.
- ☐ Place all hearts on ungreased cookie sheet.
- ☐ Bake 5 to 7 minutes or until lightly browned.
- ☐ For each serving, place 1 large heart crust on dessert plate; sprinkle powdered sugar over heart and plate.
- ☐ Place 1/4 cup ice cream on heart crust.
- ☐ Place small heart crust over ice cream; sprinkle powdered sugar over small heart.
- ☐ Serve with about 1/2 cup strawberries.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:14.97, Inflammation Score:-5, Nutrition Score:12.19913049107%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg 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: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 604.26kcal (30.21%), Fat: 29.96g (46.09%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 76.38g (25.46%), Net Carbohydrates: 72.21g (26.26%), Sugar: 24.95g (27.72%), Cholesterol: 14.52mg (4.84%), Sodium: 436.29mg (18.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.59%), Vitamin C: 42.53mg (51.56%), Manganese: 0.72mg (36.16%), Folate: 88.93µg (22.23%), Vitamin B1: 0.31mg (20.39%), Fiber: 4.17g (16.68%), Iron: 2.93mg (16.29%), Vitamin B2: 0.27mg (15.75%), Vitamin B3: 3.02mg (15.08%), Phosphorus: 123.93mg (12.39%), Selenium: 6.67µg (9.53%), Vitamin K: 8.98µg (8.56%), Potassium: 273.12mg (7.8%), Calcium: 72.9mg (7.29%), Magnesium: 28.98mg (7.24%), Vitamin B5: 0.69mg (6.87%), Copper: 0.12mg (5.91%), Zinc: 0.78mg (5.2%), Vitamin E: 0.77mg (5.12%), Vitamin B6: 0.1mg (4.98%), Vitamin A: 148.57IU (2.97%), Vitamin B12: 0.13µg (2.14%)