



Ice Cream Sundaes

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



173 kcal

Ingredients

- 0.3 cup strawberry ice cream topping
- 2 cups whipped cream
- 0.5 cup cool whip whipped topping thawed

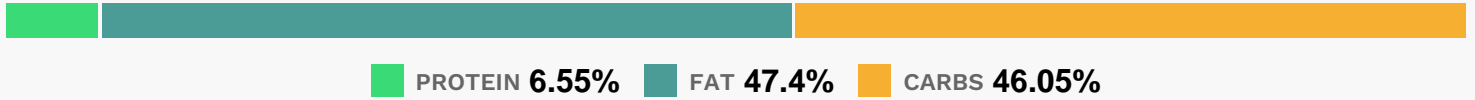
Equipment

Directions

- Scoop ice cream evenly into 4 dessert or sundae dishes; drizzle with strawberry topping.
- Top evenly with the whipped topping.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:3.1360869485399%

Nutrients (% of daily need)

Calories: 173.46kcal (8.67%), Fat: 9.18g (14.12%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 19.53g (7.1%), Sugar: 16.2g (18.01%), Cholesterol: 31.62mg (10.54%), Sodium: 64.5mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin B2: 0.19mg (11.05%), Calcium: 101.04mg (10.1%), Phosphorus: 84.49mg (8.45%), Vitamin A: 311.2IU (6.22%), Vitamin B12: 0.3µg (5.02%), Potassium: 156.32mg (4.47%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.49mg (3.29%), Magnesium: 11.05mg (2.76%), Selenium: 1.57µg (2.24%), Vitamin B1: 0.03mg (2.18%), Fiber: 0.54g (2.14%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.24mg (1.63%), Vitamin C: 1.03mg (1.25%), Folate: 4.57µg (1.14%)