



Japónica Ice Cream Sundaes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



740 kcal

DESSERT

Ingredients

- 1 tablespoon candied ginger finely chopped
- 3 ginger fresh crushed
- 2 tablespoons matcha tea powder
- 4 plums red pitted ripe cut into 1-in.-thick chunks
- 0.5 cup rice wine
- 1 cup sesame seed such as louchs sesame snaps crushed
- 0.5 cup sugar
- 4 cups whipped cream softened

0.3 cup whipping cream cold

Equipment

bowl

sauce pan

whisk

stove

slotted spoon

Directions

Stir ice cream and matcha together in a bowl. Freeze until firm, 3 to 4 hours.

Combine 1/2 cup sugar, the sake, ginger, and 1/3 cup water in a medium saucepan over medium-low heat. Cook, stirring, until sugar dissolves.

Add plums and simmer over medium heat, covered, until fruit begins to soften, about 5 minutes.

Transfer plums with a slotted spoon to a bowl. Discard skins and ginger. Return liquid to stove; boil until reduced to 1/2 cup, 7 to 10 minutes.

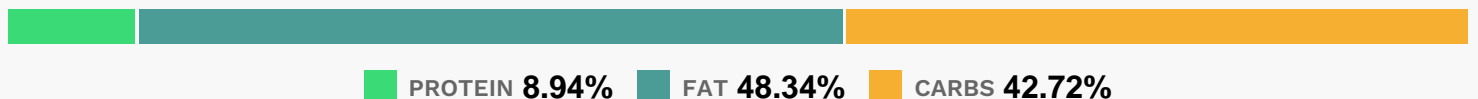
Pour over plums and chill until cool, about 20 minutes.

Whisk cream with remaining sugar in a bowl. Fold in candied ginger.

Spoon a third of plums and sesame snaps into 4 sundae glasses. Top with a scoop of ice cream. Repeat layering and top with remaining plums. Dollop with whipped cream and sprinkle with remaining sesame snaps.

*Find matcha at well-stocked grocery stores and at breakawaymatcha.com; find fruity nigori sake at liquor stores.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:40.1, Inflammation Score:-9, Nutrition Score:24.299130398294%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 740.23kcal (37.01%), Fat: 38.82g (59.72%), Saturated Fat: 15.01g (93.84%), Carbohydrates: 77.19g (25.73%), Net Carbohydrates: 70.82g (25.75%), Sugar: 62.01g (68.9%), Cholesterol: 74.89mg (24.96%), Sodium: 115.65mg (5.03%), Alcohol: 4.83g (100%), Alcohol %: 1.91% (100%), Protein: 16.15g (32.3%), Copper: 1.62mg (80.83%), Calcium: 550.95mg (55.1%), Manganese: 0.98mg (49.03%), Magnesium: 159.82mg (39.96%), Phosphorus: 397.25mg (39.72%), Iron: 7.13mg (39.59%), Vitamin A: 1380.46IU (27.61%), Vitamin B2: 0.46mg (27.12%), Zinc: 3.95mg (26.3%), Fiber: 6.38g (25.51%), Vitamin B1: 0.37mg (24.9%), Selenium: 16.33µg (23.33%), Vitamin B6: 0.39mg (19.62%), Potassium: 585.72mg (16.73%), Folate: 47.45µg (11.86%), Vitamin B3: 2.17mg (10.85%), Vitamin B5: 0.92mg (9.23%), Vitamin C: 7.41mg (8.99%), Vitamin B12: 0.54µg (8.98%), Vitamin E: 0.81mg (5.41%), Vitamin K: 5.1µg (4.86%), Vitamin D: 0.5µg (3.35%)