



Neapolitan Sundaes



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



722 kcal

DESSERT

Ingredients

- 4 servings almonds sliced
- 4 shots amaretto
- 1 pint ice-cream chocolate shell
- 1 pint strawberries sliced
- 2 tablespoons sugar
- 1 vanilla pod
- 1 pint whipped cream
- 4 servings canister whipped cream

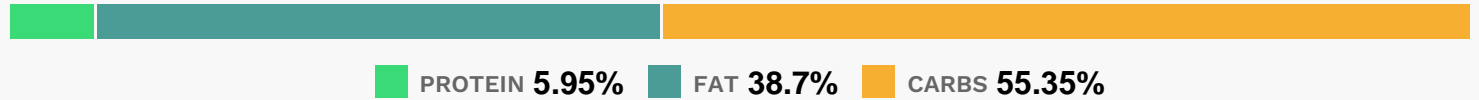
Equipment

pot

Directions

- In a small pot, combine split and scraped vanilla bean, sliced berries, sugar and liqueur or syrup.
- Place over low heat and let berries warm gently. In about 15 to 20 minutes, a thick sauce will form.
- Scoop a big scoop of each flavor of ice cream into dishes. Pull vanilla bean out of sauce and pour the sauce over ice cream. Top ice cream with whipped cream and nuts and serve.

Nutrition Facts



Properties

Glycemic Index:71.52, Glycemic Load:39.79, Inflammation Score:-8, Nutrition Score:18.045217317084%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg 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: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 722.11kcal (36.11%), Fat: 28.55g (43.93%), Saturated Fat: 17.01g (106.3%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 87.16g (31.69%), Sugar: 81.71g (90.78%), Cholesterol: 96.83mg (32.28%), Sodium: 189.82mg (8.25%), Alcohol: 11.53g (100%), Alcohol %: 3.54% (100%), Caffeine: 15.08mg (5.03%), Protein: 9.88g (19.75%), Vitamin C: 71.09mg (86.18%), Manganese: 0.66mg (33.12%), Vitamin B2: 0.56mg (33.01%), Calcium: 308.54mg (30.85%), Phosphorus: 291.99mg (29.2%), Potassium: 740.53mg (21.16%), Vitamin A: 1045.43IU (20.91%), Fiber: 4.74g (18.95%), Magnesium: 70.94mg (17.73%), Vitamin B5: 1.51mg (15.13%), Vitamin B12: 0.82µg (13.7%), Copper: 0.27mg (13.64%), Folate: 53.85µg (13.46%), Zinc: 1.74mg (11.57%), Iron: 1.76mg (9.79%), Vitamin B6: 0.18mg (9.06%), Vitamin E: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.84%), Selenium: 5.85µg (8.36%), Vitamin B3: 0.97mg (4.83%), Vitamin D: 0.5µg (3.31%), Vitamin K: 3.43µg (3.26%)