



Neely's Fortune Cookie Sundae

 Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

403 kcal

DESSERT

Ingredients

- ☐ 10 fortune cookies whole leftover crushed
- ☐ 1 teaspoon ginger grated
- ☐ 1 juice of lemon juiced
- ☐ 1 pint mango sorbet
- ☐ 2 cups raspberries fresh
- ☐ 4 servings raspberries fresh for garnish
- ☐ 0.3 cup sugar
- ☐ 4 servings whipped cream for garnish

Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ For the sauce: Puree the raspberries with the sugar, lemon juice, and ginger in a food processor.
- ☐ For the sundae: Scoop the sorbet into shallows bowls. Top each serving with some crushed fortune cookies and raspberry sauce. Top with a dollop of whipped cream and a few fresh raspberries.
- ☐ Garnish with the whole fortune cookies and serve.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:20.84, Inflammation Score:-5, Nutrition Score:10.723043449547%

Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 403.18kcal (20.16%), Fat: 9.32g (14.33%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 65.22g (23.71%), Sugar: 46.33g (51.48%), Cholesterol: 4.56mg (1.52%), Sodium: 169.45mg

(7.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Manganese: 0.91mg (45.68%), Vitamin C: 34.37mg (41.66%), Fiber: 10.41g (41.62%), Folate: 47.19µg (11.8%), Vitamin K: 12.22µg (11.64%), Vitamin E: 1.71mg (11.37%), Iron: 1.59mg (8.84%), Vitamin B1: 0.13mg (8.72%), Magnesium: 31.23mg (7.81%), Vitamin B3: 1.55mg (7.76%), Vitamin B2: 0.13mg (7.75%), Copper: 0.13mg (6.72%), Potassium: 222.07mg (6.34%), Phosphorus: 57.41mg (5.74%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.66mg (4.37%), Calcium: 39.97mg (4%), Selenium: 1.96µg (2.8%), Vitamin A: 102.65IU (2.05%)