



## Peach-Amaretto Sundaes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

DESSERT

### Ingredients

- ☐ 1 cup amaretti cookies crushed
- ☐ 5 tablespoons amaretto
- ☐ 2 tablespoons brandy
- ☐ 0.3 cup sugar
- ☐ 2 pints whipped cream softened

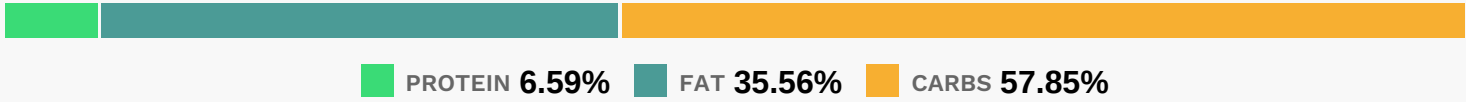
### Equipment

- ☐ bowl

# Directions

- ☐ Combine ice cream, 3 tablespoons amaretto and 1 tablespoon brandy in large bowl. Stir to blend well. Cover and freeze until firm. (Can be prepared 2 days ahead. Keep ice cream mixture frozen.)
- ☐ Combine peaches, sugar, remaining 2 tablespoons amaretto and remaining 1 tablespoon brandy in another large bowl. Toss to coat.
- ☐ Let peach mixture stand until sugar dissolves, tossing occasionally, about 15 minutes.
- ☐ Divide sliced peaches among 6 dessert bowls or wineglasses. Spoon vanilla ice cream mixture atop peaches.
- ☐ Sprinkle desserts with crushed amaretti cookies.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:24.35, Glycemic Load:27.85, Inflammation Score:-4, Nutrition Score:6.4682607702587%

## Nutrients (% of daily need)

Calories: 496.12kcal (24.81%), Fat: 18.51g (28.47%), Saturated Fat: 10.86g (67.86%), Carbohydrates: 67.76g (22.59%), Net Carbohydrates: 65.93g (23.97%), Sugar: 61.08g (67.86%), Cholesterol: 69.4mg (23.13%), Sodium: 185.65mg (8.07%), Alcohol: 4.92g (100%), Alcohol %: 3.05% (100%), Caffeine: 3.25mg (1.08%), Protein: 7.72g (15.44%), Vitamin B2: 0.38mg (22.46%), Calcium: 202.1mg (20.21%), Phosphorus: 166.56mg (16.66%), Vitamin A: 664.02IU (13.28%), Vitamin B12: 0.62µg (10.25%), Vitamin B5: 0.92mg (9.16%), Potassium: 317.89mg (9.08%), Fiber: 1.83g (7.33%), Zinc: 1.09mg (7.3%), Magnesium: 22.46mg (5.61%), Vitamin B1: 0.07mg (4.36%), Selenium: 2.93µg (4.18%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.47mg (3.15%), Iron: 0.42mg (2.32%), Copper: 0.04mg (2.15%), Vitamin D: 0.32µg (2.1%), Folate: 7.89µg (1.97%), Vitamin C: 0.95mg (1.15%), Vitamin B3: 0.2mg (1.01%)