



Red, White and Blueberry Sundaes

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 0.3 cup strawberry jam seedless
- ☐ 2 tablespoons plus light
- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 cup blueberries fresh
- ☐ 1 cup strawberries fresh small to medium quartered
- ☐ 4 cups whipped cream
- ☐ 1 serving chocolate curls white

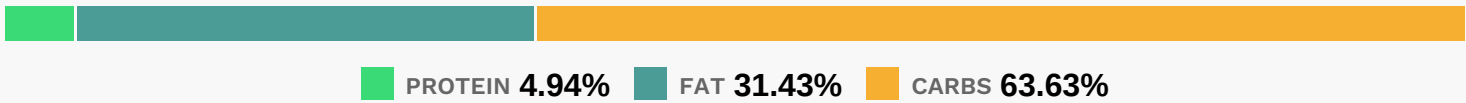
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In medium bowl, beat jam, corn syrup and vinegar with wire whisk until smooth. Fold in blueberries and strawberries until coated.
- ☐ Scoop ice cream into 8 dessert bowls. Top with berry mixture.
- ☐ Garnish with white chocolate.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:16.72, Inflammation Score:-3, Nutrition Score:4.6756521929865%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 209.7kcal (10.48%), Fat: 7.44g (11.45%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 32.47g (11.81%), Sugar: 28.04g (31.16%), Cholesterol: 29.05mg (9.68%), Sodium: 61.41mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin C: 14.02mg (17%), Vitamin B2: 0.18mg (10.63%), Calcium: 92.43mg (9.24%), Phosphorus: 79.09mg (7.91%), Manganese: 0.15mg (7.29%), Vitamin A: 290.07IU (5.8%), Fiber: 1.43g (5.73%), Potassium: 186.2mg (5.32%), Vitamin B5: 0.43mg (4.32%), Vitamin B12:

0.26µg (4.29%), Vitamin K: 4.17µg (3.97%), Zinc: 0.55mg (3.65%), Magnesium: 13.68mg (3.42%), Vitamin B1: 0.04mg (2.92%), Vitamin B6: 0.05mg (2.63%), Folate: 10.29µg (2.57%), Copper: 0.05mg (2.52%), Vitamin E: 0.37mg (2.49%), Selenium: 1.61µg (2.3%), Iron: 0.27mg (1.51%), Vitamin B3: 0.23mg (1.15%)