



Roasted Berry Sundaes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blackberries
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups raspberries
- ☐ 1 pound strawberries hulled quartered
- ☐ 0.3 cup sugar
- ☐ 0.5 vanilla pod split
- ☐ 14 oz carton vanilla ice cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Line a rimmed baking sheet with parchment paper. In a large bowl, stir together sugar and lemon zest. Scrape seeds from vanilla bean and add with bean pod to sugar mixture, stirring to combine.
- ☐ Add berries; toss gently to coat.
- ☐ Spread evenly on baking sheet.
- ☐ Roast until berries have released some of their juice and are starting to soften, 8 to 10 minutes; be careful not to scorch.
- ☐ Transfer berries to a bowl to cool slightly, about 5 minutes. Discard vanilla pod. Scoop ice cream into serving bowls and top with berries.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:26.38, Inflammation Score:-8, Nutrition Score:16.823913050734%

Flavonoids

Cyanidin: 76.47mg, Cyanidin: 76.47mg, Cyanidin: 76.47mg, Cyanidin: 76.47mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 28.86mg, Pelargonidin: 28.86mg, Pelargonidin: 28.86mg, Pelargonidin: 28.86mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 24.13mg, Catechin: 24.13mg, Catechin: 24.13mg, Catechin: 24.13mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg

0.29mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 338.13kcal (16.91%), Fat: 11.95g (18.38%), Saturated Fat: 6.77g (42.32%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 46.55g (16.93%), Sugar: 43.7g (48.56%), Cholesterol: 43.66mg (14.55%), Sodium: 81.66mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin C: 91.05mg (110.36%), Manganese: 1.1mg (54.82%), Fiber: 8.8g (35.21%), Vitamin B2: 0.3mg (17.47%), Calcium: 172.85mg (17.29%), Vitamin K: 16.99µg (16.19%), Phosphorus: 156.39mg (15.64%), Potassium: 527.43mg (15.07%), Folate: 55.19µg (13.8%), Magnesium: 49.41mg (12.35%), Vitamin A: 562IU (11.24%), Vitamin E: 1.65mg (11.01%), Copper: 0.21mg (10.41%), Vitamin B5: 1.02mg (10.17%), Zinc: 1.32mg (8.81%), Vitamin B6: 0.14mg (7.14%), Iron: 1.21mg (6.72%), Vitamin B12: 0.39µg (6.45%), Vitamin B1: 0.09mg (6.23%), Vitamin B3: 1.17mg (5.86%), Selenium: 2.62µg (3.75%), Vitamin D: 0.2µg (1.32%)