



Sauteed-Strawberry Ice Cream Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup and/or milk chocolate chips dark white
- ☐ 2 teaspoons olive oil
- ☐ 1 pint strawberry sorbet
- ☐ 1 pound strawberries fresh hulled halved lengthwise
- ☐ 0.3 cup sugar
- ☐ 1 pint whipped cream

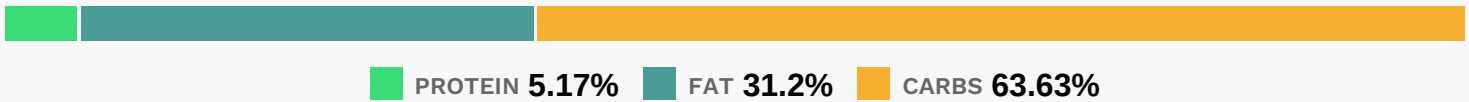
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Mix berries, sugar, and cinnamon in medium bowl; toss to coat.
- ☐ Heat oil in medium nonstick skillet over high heat.
- ☐ Add berry mixture; cook until berries begin to soften and juices are released, stirring often, about 2 minutes. Stir in orange peel. Return to same bowl and place in freezer 10 minutes to cool slightly. DO AHEAD: Can be made 4 hours ahead. Cover, transfer to refrigerator, and chill. Return sauce to room temperature or rewarm slightly in microwave-safe bowl in microwave, if desired, before serving.
- ☐ Divide vanilla ice cream among 4 large wineglasses or dessert coupes. Top with scoops of strawberry sorbet. Spoon room-temperature or warm strawberry sauce over.
- ☐ Sprinkle with chocolate chips and serve.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:27.83, Inflammation Score:-6, Nutrition Score:12.090869691061%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 550.51kcal (27.53%), Fat: 19.2g (29.54%), Saturated Fat: 10.34g (64.6%), Carbohydrates: 88.1g (29.36%), Net Carbohydrates: 82.62g (30.04%), Sugar: 72.01g (80.01%), Cholesterol: 52.05mg (17.35%), Sodium: 175.22mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin C: 67.4mg (81.69%), Manganese: 0.49mg (24.57%), Fiber: 5.48g (21.91%), Vitamin B2: 0.31mg (18.31%), Calcium: 180.25mg (18.02%), Phosphorus: 151.58mg (15.16%), Potassium: 442.39mg (12.64%), Vitamin A: 512.36IU (10.25%), Vitamin B5: 0.83mg (8.3%), Folate: 33.15µg (8.29%), Magnesium: 31.45mg (7.86%), Vitamin B12: 0.46µg (7.69%), Zinc: 0.98mg (6.54%), Vitamin E: 0.98mg (6.52%), Vitamin B6: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.05%), Copper: 0.08mg (4.17%), Vitamin K: 4.13µg (3.93%), Selenium: 2.67µg (3.81%), Iron: 0.61mg (3.39%), Vitamin B3: 0.58mg (2.89%), Vitamin D: 0.24µg (1.58%)