



Sherried Pine Nut Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

DESSERT

Ingredients

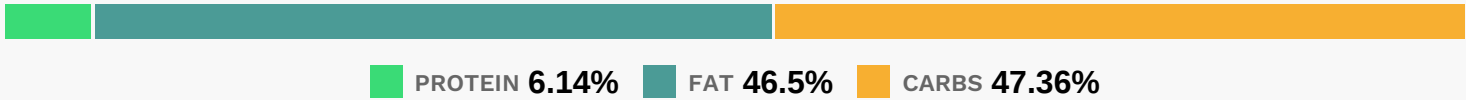
- ☐ 0.3 cup sundae syrup fat-free caramel-flavored
- ☐ 2 tablespoons cream sherry
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 cups whipped cream fat-free softened

Equipment

Directions

- ☐ Stir pine nuts and sherry into ice cream.
- ☐ Drizzle caramel syrup evenly over each serving.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:9.25, Inflammation Score:-3, Nutrition Score:4.8299999807192%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 206.93kcal (10.35%), Fat: 10.68g (16.43%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 23.83g (8.67%), Sugar: 22.29g (24.77%), Cholesterol: 29.04mg (9.68%), Sodium: 101.44mg (4.41%), Alcohol: 0.77g (100%), Alcohol %: 1.06% (100%), Protein: 3.17g (6.34%), Manganese: 0.46mg (23.06%), Phosphorus: 104.91mg (10.49%), Vitamin B2: 0.17mg (10.05%), Calcium: 92.88mg (9.29%), Vitamin A: 292.02IU (5.84%), Magnesium: 23.25mg (5.81%), Zinc: 0.79mg (5.25%), Potassium: 175.84mg (5.02%), Vitamin B12: 0.28µg (4.71%), Vitamin E: 0.67mg (4.48%), Vitamin B5: 0.42mg (4.25%), Copper: 0.08mg (4.07%), Vitamin B1: 0.05mg (3.04%), Vitamin K: 2.92µg (2.78%), Fiber: 0.65g (2.59%), Selenium: 1.41µg (2.02%), Vitamin B6: 0.04mg (2.01%), Iron: 0.36mg (1.98%), Vitamin B3: 0.3mg (1.52%), Folate: 5.36µg (1.34%)