



Spumoni Sundae Slices

READY IN



270 min.

SERVINGS



8

CALORIES



406 kcal

Ingredients

- 0.3 cup slivered almonds chopped
- 3 tablespoons butter
- 12 cheese-filled sandwich crackers crushed
- 4 cups whipped cream softened
- 0.5 cup cream sauce hot
- 0.5 cup whipping cream
- 8 maraschino cherries with stems

Equipment

- frying pan

- loaf pan
- aluminum foil
- cutting board

Directions

- In medium skillet, toast almonds over medium heat for 2 to 3 minutes or until light golden brown, stirring frequently.
- Add margarine; cook until margarine is melted and almonds are golden brown, stirring constantly.
- Add cookie crumbs; mix well. Cool 15 minutes or until completely cooled.
- Line 8x4-inch loaf pan with foil.
- Spread 1/2 cup cooled crumb mixture evenly in bottom of foil-lined pan; press down lightly. Evenly spread half of the ice cream over crumbs. Top with remaining crumb mixture; press down lightly.
- Stir ice cream topping to soften. Spoon topping over crumbs; carefully spread almost to sides of pan. Evenly spread remaining half of ice cream over topping. Cover; freeze at least 4 hours or until firm.
- To serve, unmold ice cream onto cutting board; remove foil.
- Cut into 8 slices; place on individual dessert plates. Top each serving with whipped cream and a cherry.

Nutrition Facts



PROTEIN 5.06% **FAT 52.27%** **CARBS 42.67%**

Properties

Glycemic Index:8.88, Glycemic Load:9.25, Inflammation Score:-5, Nutrition Score:6.7639130872229%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg,

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 406.17kcal (20.31%), Fat: 23.84g (36.68%), Saturated Fat: 10.2g (63.76%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 41.96g (15.26%), Sugar: 30.2g (33.55%), Cholesterol: 46.04mg (15.35%), Sodium: 242.14mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin B2: 0.29mg (16.93%), Vitamin E: 2.15mg (14.35%), Vitamin A: 686.98IU (13.74%), Phosphorus: 127.45mg (12.74%), Calcium: 121.82mg (12.18%), Manganese: 0.21mg (10.31%), Magnesium: 31.39mg (7.85%), Fiber: 1.85g (7.38%), Copper: 0.15mg (7.27%), Potassium: 243.8mg (6.97%), Vitamin B1: 0.09mg (6.06%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.54mg (5.38%), Vitamin B12: 0.3µg (4.96%), Iron: 0.87mg (4.81%), Selenium: 2.76µg (3.94%), Folate: 15.19µg (3.8%), Vitamin B3: 0.74mg (3.71%), Vitamin D: 0.37µg (2.47%), Vitamin B6: 0.05mg (2.46%), Vitamin K: 2.12µg (2.02%)