



Strawberries Romanoff Sundaes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 3 cups whipped cream low-fat
- ☐ 2 tablespoons pistachios toasted chopped
- ☐ 1.3 cups strawberries sliced
- ☐ 2 cups strawberries quartered
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup triple sec orange-flavored (liqueur)

Equipment

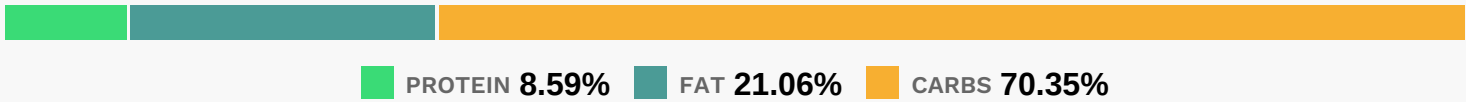
- ☐ bowl

☐ blender

Directions

- ☐ Combine first 3 ingredients in a blender, and process until smooth.
- ☐ Combine the strawberry puree and sliced strawberries in a bowl; cover and chill.
- ☐ Serve the strawberry mixture over the ice cream.
- ☐ Sprinkle with nuts.
- ☐ Garnish sundaes with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:14.03, Inflammation Score:-5, Nutrition Score:8.33999999608164%

Flavonoids

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Nutrients (% of daily need)

Calories: 229.2kcal (11.46%), Fat: 5.09g (7.83%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 36.19g (13.16%), Sugar: 29.96g (33.28%), Cholesterol: 20.52mg (6.84%), Sodium: 57.89mg (2.52%), Alcohol: 2.56g (100%), Alcohol %: 1.88% (100%), Protein: 4.67g (9.34%), Vitamin C: 46.92mg (56.87%), Manganese: 0.34mg (16.84%), Calcium: 137.62mg (13.76%), Vitamin B2: 0.22mg (12.78%), Phosphorus: 109.84mg (10.98%), Potassium: 306.11mg (8.75%), Fiber: 2.05g (8.18%), Vitamin A: 360.21IU (7.2%), Folate: 24.56µg (6.14%), Magnesium:

24.1mg (6.03%), Vitamin B12: 0.36µg (5.95%), Vitamin B6: 0.11mg (5.67%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.48mg (4.76%), Copper: 0.09mg (4.36%), Iron: 0.57mg (3.17%), Selenium: 2.07µg (2.96%), Vitamin E: 0.37mg (2.5%), Vitamin B3: 0.45mg (2.26%), Vitamin K: 2.02µg (1.92%)