



Strawberry, melon & ginger sundaes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 0.5 medium cantaloupe cut into chunks (350g 12oz)
- ☐ 250 g strawberries hulled sliced
- ☐ 4 ginger crushed (try Fox's Crinkle Crunch)
- ☐ 2 pieces ginger chopped (25g 1oz)
- ☐ 300 g greek yogurt
- ☐ 4 tsp g muscovado sugar light

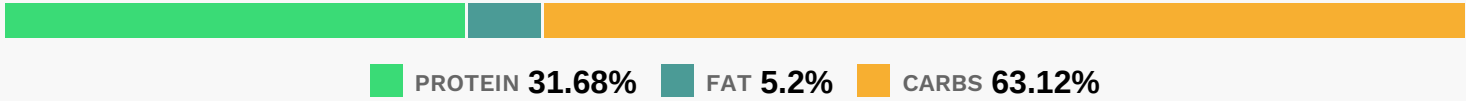
Equipment

- ☐ bowl

Directions

- ☐ Gently mix the melon and strawberries together in a large bowl with a spoon or your hands, then pile half into four glass tumblers.
- ☐ Sprinkle with half the biscuit crumbs.
- ☐ Stir the chopped ginger and syrup into the yogurt and spoon into the tumblers. Pile the rest of the fruit on top, then scatter with the remaining crumbs.
- ☐ Sprinkle a teaspoon of muscovado sugar on top of each dessert and chill until ready to serve (up to 2 hours ahead) the sugar will gradually melt to give a yummy toffee flavour.
- ☐ Take out of the fridge about 15 minutes before serving, so they are not too chilled.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:5.03, Inflammation Score:-9, Nutrition Score:10.727391268896%

Flavonoids

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Nutrients (% of daily need)

Calories: 107.37kcal (5.37%), Fat: 0.65g (0.99%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 15.68g (5.7%), Sugar: 14.18g (15.75%), Cholesterol: 3.75mg (1.25%), Sodium: 50.2mg (2.18%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin C: 44.65mg (54.12%), Vitamin A: 2344.08IU (46.88%), Manganese: 0.3mg (14.78%), Vitamin B2: 0.25mg (14.45%), Phosphorus: 131.41mg (13.14%), Selenium: 8.94µg (12.77%), Calcium: 103.32mg (10.33%), Potassium: 345.09mg (9.86%), Vitamin B12: 0.52µg (8.75%), Fiber: 1.95g (7.81%), Folate: 30.77µg (7.69%), Magnesium: 28.86mg (7.21%), Copper: 0.12mg (5.99%), Vitamin B6: 0.12mg (5.91%), Zinc: 0.82mg (5.43%), Vitamin B3: 0.94mg (4.69%), Vitamin B1: 0.07mg (4.48%), Vitamin B5: 0.42mg (4.18%), Iron: 0.64mg (3.55%), Vitamin K: 3.25µg (3.09%), Vitamin E: 0.24mg (1.62%)