



Strawberry Rhubarb Ice Cream Sundaes

READY IN



50 min.

SERVINGS



12

CALORIES



543 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 cups rhubarb fresh (3-inch pieces)
- ☐ 3 cups strawberries frozen
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 teaspoon vanilla
- ☐ 2 juice of lemon grated
- ☐ 1 cup sugar raw (sugar)
- ☐ 16.5 oz sugar cookie dough refrigerated

- ☐ 8 cups whipped cream

Equipment

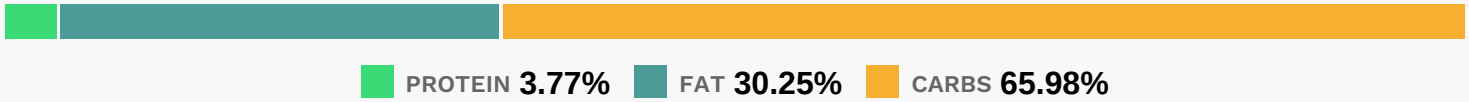
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cutting board
- ☐ pizza cutter

Directions

- ☐ Heat oven to 350°F. Line 2 cookie sheets with cooking parchment paper.
- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add rhubarb; cook about 5 minutes or until softened. Stir in strawberries, granulated sugar, almond extract, vanilla and lemon juice. Cook about 7 minutes or until mixture begins to thicken slightly.
- ☐ Remove pieces of rhubarb; discard.
- ☐ Pour remaining portion into blender. Cover; blend with on-and-off pulses until smooth. Set sauce aside.
- ☐ In small bowl, combine grated lemon peel and turbinado sugar.
- ☐ Sprinkle on clean, large wooden cutting board.
- ☐ Remove cookie dough from wrapper.
- ☐ Cut dough into 3 equal pieces.
- ☐ Roll each piece into a large round. Press dough rounds in lemon-sugar to coat one side.
- ☐ Place 2 dough rounds sugared side up on 1 cookie sheet; place third dough round sugared side up on second cookie sheet.
- ☐ Bake 15 to 20 minutes or until dough is set in center. Cool rounds slightly, about 5 minutes.
- ☐ Using pizza cutter, cut each round into 6 to 8 wedges. Cool completely, about 15 minutes.

- ☐
- Scoop ice cream evenly into 12 dessert bowls. Top each with strawberry–rhubarb sauce.
- ☐
- Add 2 lemon–sugar cookie wedges to each serving.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:30.67, Inflammation Score:-4, Nutrition Score:9.1908696371576%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 542.98kcal (27.15%), Fat: 18.48g (28.43%), Saturated Fat: 8.72g (54.47%), Carbohydrates: 90.69g (30.23%), Net Carbohydrates: 88.44g (32.16%), Sugar: 76.62g (85.14%), Cholesterol: 45.52mg (15.17%), Sodium: 193.74mg (8.42%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 5.18g (10.36%), Vitamin C: 26.07mg (31.6%), Phosphorus: 172.05mg (17.2%), Manganese: 0.34mg (16.78%), Vitamin B2: 0.28mg (16.59%), Calcium: 150.61mg (15.06%), Vitamin K: 13.5µg (12.86%), Potassium: 386.47mg (11.04%), Folate: 40.77µg (10.19%), Vitamin A: 449.79IU (9%), Fiber: 2.25g (9%), Vitamin B1: 0.13mg (8.8%), Vitamin B5: 0.69mg (6.86%), Vitamin B3: 1.28mg (6.39%), Iron: 1.09mg (6.08%), Magnesium: 24.08mg (6.02%), Vitamin B12: 0.35µg (5.88%), Zinc: 0.79mg (5.29%), Selenium: 3.44µg (4.91%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.56mg (3.73%), Copper: 0.06mg (3.13%), Vitamin D: 0.18µg (1.17%)