



Strawberry Rhubarb Ice Cream Sundaes



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



12

CALORIES



373 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 tablespoon butter
- ☐ 1.5 cups granulated sugar
- ☐ 8 cups whipped cream
- ☐ 2 juice of lemon grated
- ☐ 3 cups rhubarb fresh (3-inch pieces)
- ☐ 3 cups strawberries frozen
- ☐ 1 sugar refrigerated

- ☐ 1 cup sugar raw (sugar)
- ☐ 0.5 teaspoon vanilla

Equipment

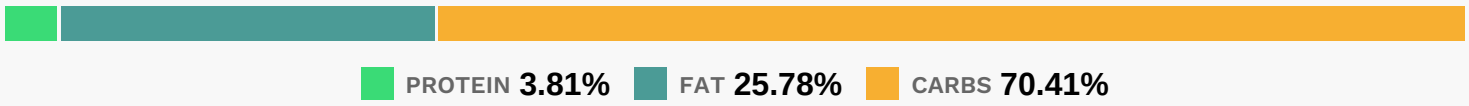
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cutting board
- ☐ pizza cutter

Directions

- ☐ Heat oven to 350F. 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:25.35, Glycemic Load:30.73, Inflammation Score:-4, Nutrition Score:7.0965217455574%

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: 373.34kcal (18.67%), Fat: 10.89g (16.75%), Saturated Fat: 6.6g (41.24%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 65.01g (23.64%), Sugar: 62.48g (69.42%), Cholesterol: 41.23mg (13.74%), Sodium: 80.31mg (3.49%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 3.62g (7.25%), Vitamin C: 26.07mg (31.6%), Calcium: 147.49mg (14.75%), Vitamin B2: 0.23mg (13.79%), Manganese: 0.22mg (10.78%), Phosphorus: 106.17mg (10.62%), Vitamin K: 10.07µg (9.59%), Potassium: 329.17mg (9.4%), Vitamin A: 435.36IU (8.71%), Fiber: 1.9g (7.6%), Vitamin B5: 0.59mg (5.9%), Vitamin B12: 0.35µg (5.75%), Magnesium: 21.35mg (5.34%), Zinc: 0.7mg (4.66%), Folate: 16.21µg (4.05%), Vitamin B1: 0.05mg (3.47%), Vitamin B6: 0.07mg (3.44%), Vitamin E: 0.49mg (3.24%), Selenium: 2.23µg (3.19%), Copper: 0.05mg (2.41%), Iron: 0.37mg (2.07%), Vitamin B3: 0.34mg (1.69%), Vitamin D: 0.18µg (1.17%)