



Strawberry Waffle Sundaes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 0.5 cup powdered sugar
- ☐ 16 inch eggo homestyle waffles frozen ()
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lb strawberries frozen thawed
- ☐ 1 pint whipped cream

Equipment

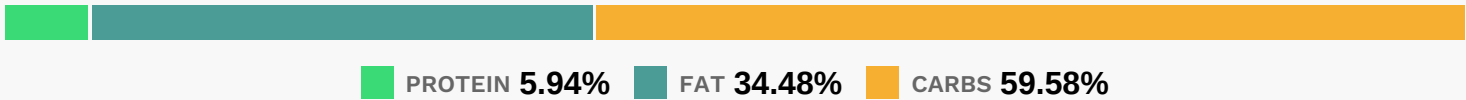
- ☐ food processor
- ☐ bowl

☐ blender

Directions

- ☐ Combine confectioners' sugar, strawberries and lemon juice in bowl of a food processor or blender. Process until chunky. (This will yield about 2 cups strawberry sauce.)
- ☐ Toast waffles according to package directions.
- ☐ Let waffles cool slightly and cut each into quarters.
- ☐ Place a scoop of ice cream in center of a bowl or plate. Spoon a small amount of strawberry sauce over and around ice cream. Stick 4 waffle wedges into each serving of ice cream. Top with dollops of whipped cream or other whipped topping, if desired.
- ☐ Serve with remaining strawberry sauce.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:19.1, Inflammation Score:-7, Nutrition Score:12.942173776419%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 369.4kcal (18.47%), Fat: 14.44g (22.22%), Saturated Fat: 8.32g (51.98%), Carbohydrates: 56.16g (18.72%), Net Carbohydrates: 52.92g (19.24%), Sugar: 45.76g (50.84%), Cholesterol: 54.69mg (18.23%), Sodium: 155.68mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin C: 70.29mg (85.2%), Manganese: 0.45mg (22.43%), Vitamin B2: 0.37mg (21.51%), Calcium: 193.73mg (19.37%), Phosphorus: 183.82mg (18.38%), Vitamin A: 666.61IU (13.33%), Fiber: 3.24g (12.96%), Potassium: 425.67mg (12.16%), Folate: 43.77µg (10.94%), Vitamin B12: 0.64µg (10.74%), Vitamin B6: 0.18mg (8.78%), Vitamin B5: 0.84mg (8.39%), Magnesium: 33.48mg (8.37%), Vitamin B1: 0.12mg (8.25%), Iron: 1.26mg (6.98%), Zinc: 1.03mg (6.87%), Vitamin B3: 1.2mg (6.01%), Vitamin E: 0.69mg (4.63%), Copper: 0.08mg (4.19%), Selenium: 2.68µg (3.83%), Vitamin K: 2.85µg (2.71%), Vitamin D: 0.25µg (1.64%)