



Super-Satisfying Sundae

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



367 kcal

DESSERT

Ingredients

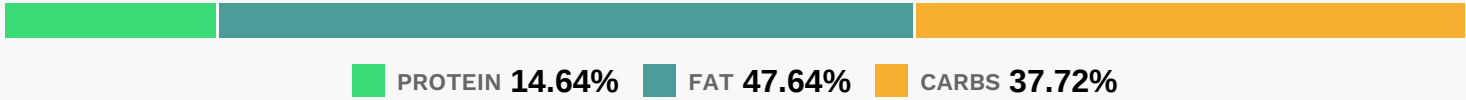
- ☐ 1 tablespoon semisweet chocolate chips (shaved with a vegetable peeler) or 2 tsp miniature semisweet chocolate chips
- ☐ 0.5 cup vanilla-honey greek yogurt (frozen)
- ☐ 1 cup strawberries (sliced)
- ☐ 2 teaspoons coconut flakes (unsweetened, toasted)
- ☐ 2 tablespoons walnut pieces (toasted, chopped)

Equipment

Directions

- ☐ Fill bottom of sundae dish with strawberries; scoop frozen yogurt on top.
- ☐ Sprinkle toasted walnuts, chocolate shavings, and toasted coconut flakes over sundae.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:3.55, Inflammation Score:-6, Nutrition Score:15.566521820815%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 366.5kcal (18.32%), Fat: 20.43g (31.43%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 30.66g (11.15%), Sugar: 26.76g (29.73%), Cholesterol: 4.67mg (1.56%), Sodium: 38.11mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 14.13g (28.25%), Vitamin C: 84.96mg (102.98%), Manganese: 1.49mg (74.47%), Copper: 0.59mg (29.38%), Fiber: 5.73g (22.92%), Magnesium: 78.14mg (19.54%), Phosphorus: 146.33mg (14.63%), Potassium: 505.37mg (14.44%), Folate: 54.34µg (13.59%), Iron: 2.17mg (12.07%), Vitamin B6: 0.19mg (9.31%), Zinc: 1.25mg (8.34%), Vitamin B1: 0.11mg (7.25%), Calcium: 53.46mg (5.35%), Vitamin B3: 0.92mg (4.58%), Vitamin K: 4.78µg (4.55%), Selenium: 3.17µg (4.53%), Vitamin E: 0.65mg (4.36%), Vitamin B2: 0.07mg (4.17%), Vitamin B5: 0.35mg (3.54%)