



The Secret Ingredient (Black Pepper): Sweet Cream Ice Cream with Strawberry-Black Pepper Sauce



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons orange juice
- ☐ 12 pepper black
- ☐ 10 ounces strawberries frozen thawed
- ☐ 1 pint whipped cream sweet
- ☐ 0.5 cup water

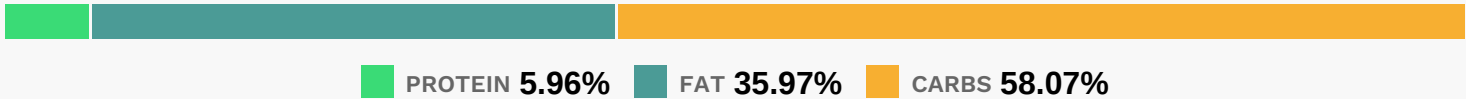
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Take the ice cream out of the freezer to soften.
- ☐ In a food processor, combine strawberries, black pepper, sugar, orange juice, and water. Pulse until almost smooth, but with a few chunks left in the mixture.
- ☐ Pour the mixture into a medium saucepot. Turn the heat to medium, and bring to a bubble. Simmer until the mixture comes together as a sauce, and slightly thickens—about 4 minutes. Set aside to cool to room temperature, or just a touch warmer.
- ☐ Spoon 4 large ice cream scoops of sweet cream ice cream into 4 bowls.
- ☐ Pour the cooled strawberry-pepper sauce over the ice cream, and top with a simple cookie.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.77, Glycemic Load:27.68, Inflammation Score:-6, Nutrition Score:10.864347701487%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg,

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Nutrients (% of daily need)

Calories: 327.03kcal (16.35%), Fat: 13.38g (20.58%), Saturated Fat: 8.09g (50.54%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 45.59g (16.58%), Sugar: 41.75g (46.39%), Cholesterol: 52.05mg (17.35%), Sodium: 97.63mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin C: 46.63mg (56.53%), Manganese: 0.67mg (33.37%), Vitamin B2: 0.31mg (18.22%), Calcium: 177.99mg (17.8%), Phosphorus: 147.4mg (14.74%), Fiber: 3.02g (12.09%), Potassium: 400.96mg (11.46%), Vitamin A: 539.93IU (10.8%), Vitamin B5: 0.83mg (8.34%), Magnesium: 32.14mg (8.03%), Vitamin B12: 0.46µg (7.69%), Vitamin K: 6.83µg (6.51%), Folate: 25.98µg (6.5%), Zinc: 0.96mg (6.4%), Copper: 0.11mg (5.52%), Vitamin B6: 0.1mg (5.11%), Vitamin B1: 0.08mg (5.09%), Vitamin E: 0.6mg (3.97%), Iron: 0.71mg (3.95%), Selenium: 2.64µg (3.78%), Vitamin B3: 0.48mg (2.4%), Vitamin D: 0.24µg (1.58%)