



Toasted Almond Sundaes

 Gluten Free

READY IN



6 min.

SERVINGS



4

CALORIES



495 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds smoked chopped
- ☐ 4 shots amaretto
- ☐ 0.5 cup caramel dessert sauce
- ☐ 1 pint dulce de leche ice cream caramel flavor recommended: Haagen Dasz
- ☐ 1 pint whipped cream
- ☐ 1 canister real whipped cream

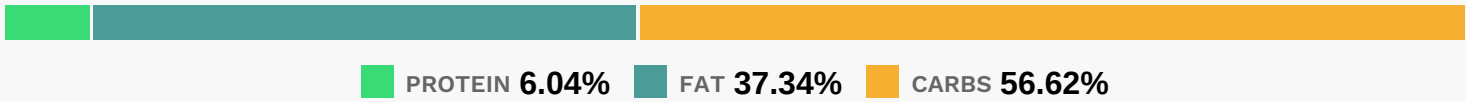
Equipment

- ☐ microwave

Directions

- ☐ Soften ice creams to scoop 10 seconds per pint in the microwave or set on kitchen counter 10 to 15 minutes. Put 1 scoop each of caramel ice cream and vanilla ice cream into dessert dishes. Top each with a shot of liqueur.
- ☐ Heat the dessert sauce 40 seconds in microwave (remove the metal top of jar).
- ☐ Pour caramel sauce over sundaes and top with whipped cream and bits of smoked almonds.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:16.62, Inflammation Score:-5, Nutrition Score:7.9095652712428%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 494.91kcal (24.75%), Fat: 17.66g (27.17%), Saturated Fat: 8.45g (52.83%), Carbohydrates: 60.27g (20.09%), Net Carbohydrates: 58.32g (21.21%), Sugar: 55.87g (62.08%), Cholesterol: 52.24mg (17.41%), Sodium: 194.63mg (8.46%), Alcohol: 11.53g (100%), Alcohol %: 4.59% (100%), Caffeine: 11.53mg (3.84%), Protein: 6.43g (12.86%), Vitamin B2: 0.39mg (23.02%), Calcium: 190mg (19%), Phosphorus: 181.1mg (18.11%), Vitamin E: 2.66mg (17.72%), Manganese: 0.24mg (11.77%), Magnesium: 43.46mg (10.87%), Vitamin A: 525.24IU (10.5%), Potassium: 333.24mg (9.52%), Vitamin B12: 0.51µg (8.55%), Fiber: 1.95g (7.78%), Vitamin B5: 0.77mg (7.75%), Zinc: 1.11mg (7.4%), Copper: 0.14mg (6.85%), Vitamin B1: 0.07mg (4.58%), Selenium: 3µg (4.29%), Vitamin B6: 0.07mg (3.46%), Vitamin B3: 0.52mg (2.62%), Folate: 10.42µg (2.6%), Iron: 0.46mg (2.58%), Vitamin D: 0.24µg (1.58%), Vitamin C: 0.85mg (1.03%)