



Toasted Oatmeal Topping for Ice Cream



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 1 scoops whipped cream (I suggest vanilla or coffee)
- ☐ 1 tablespoon golden syrup
- ☐ 1 tablespoon apple sauce
- ☐ 1 tablespoon walnuts
- ☐ 2 tablespoons oats generous

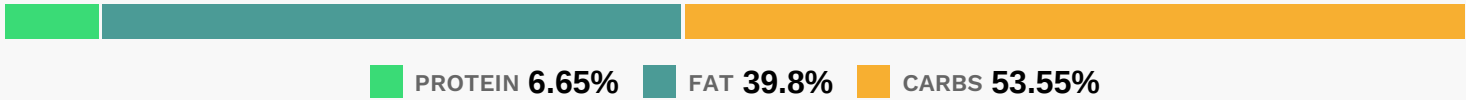
Equipment

- ☐ frying pan

Directions

- ☐ Combine applesauce or butter and sugar syrup in a pan on medium-to-low heat. (If using "natural" nut butter, an additional teaspoon of syrup or honey may be necessary).
- ☐ Add oats. Cook until browned.
- ☐ Remove from flame.
- ☐ Add nuts and dried fruit. Continue to stir as pan cools for another minute.
- ☐ Top ice cream with mixture.
- ☐ Add more nuts or sugar syrup if desired.

Nutrition Facts



Properties

Glycemic Index:209, Glycemic Load:24.92, Inflammation Score:-4, Nutrition Score:7.9856521901877%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 323.24kcal (16.16%), Fat: 14.62g (22.49%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 41.82g (15.21%), Sugar: 33.26g (36.95%), Cholesterol: 29.04mg (9.68%), Sodium: 53.66mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Manganese: 0.87mg (43.32%), Phosphorus: 159.61mg (15.96%), Magnesium: 57.89mg (14.47%), Vitamin B2: 0.19mg (11.31%), Copper: 0.22mg (11.13%), Calcium: 100.52mg (10.05%), Fiber: 2.42g (9.7%), Vitamin B1: 0.13mg (8.66%), Selenium: 5.8µg (8.29%), Zinc: 1.15mg (7.69%), Potassium: 229.5mg (6.56%), Vitamin A: 284.21IU (5.68%), Vitamin B5: 0.53mg (5.32%), Iron: 0.94mg (5.23%), Vitamin B6: 0.1mg (5.07%), Folate: 17.39µg (4.35%), Vitamin B12: 0.26µg (4.29%), Vitamin E: 0.38mg (2.51%), Vitamin B3: 0.3mg (1.5%)