



Tropical Heaven Ice Cream Sundaes



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup coconut flakes unsweetened toasted
- ☐ 2 cups whipped cream
- ☐ 2 cups lemon sorbet softened
- ☐ 0.3 cup brown sugar light
- ☐ 0.3 cup juice of lime
- ☐ 2 teaspoons lime zest
- ☐ 0.5 pineapple fresh cored peeled cut into 1/2-in.-thick chunks

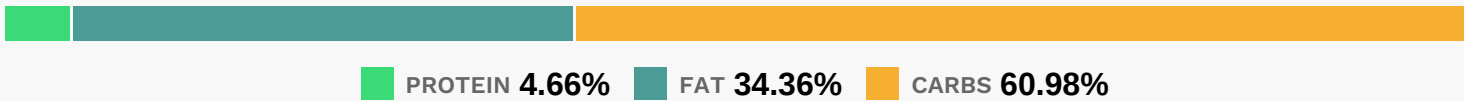
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir lemon sorbet, lime juice, and lime zest together in a bowl. Freeze until firm, 4 hours.
- ☐ Melt butter and brown sugar together in a medium frying pan over medium-high heat.
- ☐ Add pineapple and cook until sauce thickens to a glaze, 8 to 10 minutes.
- ☐ Let cool.
- ☐ Divide half the pineapple among 4 sundae glasses. Put 2 small scoops lemon-lime sorbet in each glass and top with half the toasted coconut, dividing evenly. Divide remaining pineapple among glasses and top each with 2 small scoops coconut sorbet.
- ☐ Pour in any pineapple syrup and top with remaining coconut.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:17.01, Inflammation Score:-5, Nutrition Score:12.876521779143%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 447.65kcal (22.38%), Fat: 17.52g (26.95%), Saturated Fat: 12.37g (77.32%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 64.5g (23.45%), Sugar: 55.3g (61.44%), Cholesterol: 36.56mg (12.19%), Sodium: 140.15mg (6.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin C: 59.46mg (72.07%), Manganese: 1.36mg (67.86%), Fiber: 5.44g (21.77%), Vitamin B2: 0.21mg (12.29%), Copper: 0.24mg (11.77%), Calcium: 116.65mg (11.66%), Phosphorus: 103.93mg (10.39%), Vitamin B6: 0.2mg (10.11%), Potassium:

350.18mg (10.01%), Vitamin A: 439IU (8.78%), Magnesium: 34.96mg (8.74%), Vitamin B1: 0.13mg (8.47%), Vitamin B5: 0.75mg (7.52%), Folate: 26.45µg (6.61%), Zinc: 0.83mg (5.5%), Selenium: 3.49µg (4.98%), Iron: 0.86mg (4.77%), Vitamin B12: 0.26µg (4.39%), Vitamin B3: 0.75mg (3.73%), Vitamin E: 0.38mg (2.56%), Vitamin K: 1.36µg (1.3%)