



Vanilla Ice Cream with Maple-Walnut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons maple syrup pure
- ☐ 0.1 teaspoon salt
- ☐ 1 quart whipped cream
- ☐ 0.3 cup walnuts finely chopped

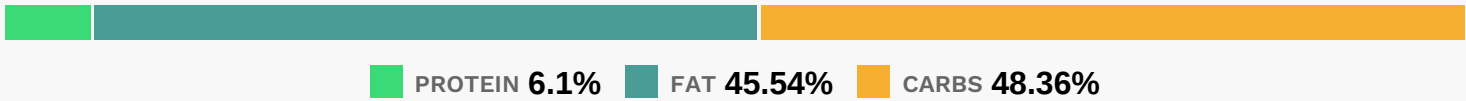
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Simmer maple syrup and salt in heavy medium saucepan over medium heat until slightly thickened, about 5 minutes (do not stir).
- ☐ Add 1/2 cup ice cream and whisk until smooth, about 1 minute. Stir in walnuts. (Can be made 4 hours ahead. Cover and chill. Rewarm over low heat, stirring often.) Scoop remaining ice cream into bowls. Spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:40.56, Inflammation Score:-6, Nutrition Score:14.435217155063%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 634.5kcal (31.73%), Fat: 32.38g (49.82%), Saturated Fat: 16.66g (104.14%), Carbohydrates: 77.38g (25.79%), Net Carbohydrates: 75.08g (27.3%), Sugar: 68.39g (75.99%), Cholesterol: 104.1mg (34.7%), Sodium: 264.84mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.53%), Vitamin B2: 0.96mg (56.67%), Manganese: 1.04mg (52.1%), Calcium: 345.13mg (34.51%), Phosphorus: 282.15mg (28.22%), Vitamin A: 997.99IU (19.96%), Potassium: 581.32mg (16.61%), Vitamin B12: 0.92µg (15.38%), Vitamin B5: 1.43mg (14.3%), Zinc: 2.14mg (14.29%), Magnesium: 54.83mg (13.71%), Copper: 0.21mg (10.47%), Vitamin B1: 0.15mg (10%), Fiber: 2.31g (9.24%), Vitamin B6: 0.17mg (8.3%), Selenium: 4.74µg (6.77%), Folate: 21.38µg (5.35%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.47µg (3.15%), Iron: 0.53mg (2.95%), Vitamin B3: 0.41mg (2.04%), Vitamin C: 1.55mg (1.87%)