



White-Chocolate Raspberry Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



535 kcal

DESSERT

Ingredients

- 1 teaspoon creme de cacao liqueur white
- 0.7 cup heavy cream
- 0.5 teaspoon juice of lemon
- 6 servings raspberries fresh
- 1 pinch salt
- 1 pint raspberry sorbet
- 1 pint whipped cream
- 1 cup white-chocolate chips

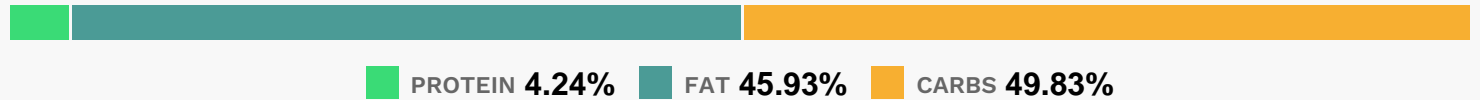
Equipment

- microwave
- ice cream scoop
- measuring cup

Directions

- Pour heavy cream into a large glass measuring cup. Microwave on high power until boiling, 1 1/2 to 2 minutes (stop earlier if necessary to prevent cream from spilling over).
- Add white-chocolate chips, let stand for 1 minute and then stir with a fork until completely smooth. Stir in crme de cacao, if using, lemon juice and salt until thoroughly combined.
- Warm vanilla ice cream in its container in microwave for 15 to 20 seconds, until just easy to scoop; repeat with raspberry sorbet. Using an ice cream scoop, fill scoop halfway with vanilla ice cream and then scoop up raspberry sorbet to fill ice cream scoop. Fill 6 sundae dishes with two of these scoops each.
- Drizzle white-chocolate sauce over sundaes and garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:11.86, Inflammation Score:-5, Nutrition Score:8.5930434620899%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 535.09kcal (26.75%), Fat: 27.58g (42.43%), Saturated Fat: 16.81g (105.04%), Carbohydrates: 67.31g (22.44%), Net Carbohydrates: 61.36g (22.31%), Sugar: 52.51g (58.35%), Cholesterol: 64.58mg (21.53%), Sodium: 130.13mg (5.66%), Alcohol: 0.16g (100%), Alcohol %: 0.07% (100%), Protein: 5.73g (11.46%), Fiber: 5.95g (23.81%), Manganese: 0.41mg (20.43%), Vitamin C: 16.51mg (20.02%), Calcium: 154.86mg (15.49%), Vitamin B2: 0.26mg (15.4%), Vitamin A: 740.57IU (14.81%), Phosphorus: 115.58mg (11.56%), Potassium: 358.8mg (10.25%), Vitamin B5: 0.72mg (7.24%), Vitamin E: 1mg (6.68%), Magnesium: 26.12mg (6.53%), Vitamin B12: 0.35µg (5.83%), Zinc: 0.86mg (5.73%), Vitamin K: 5.76µg (5.49%), Folate: 17.68µg (4.42%), Vitamin B6: 0.08mg (4.02%), Vitamin D: 0.58µg (3.87%), Vitamin B1: 0.06mg (3.79%), Copper: 0.08mg (3.76%), Selenium: 2.33µg (3.33%), Iron: 0.51mg (2.84%), Vitamin B3: 0.47mg (2.34%)