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Strawberry Sundae **

A delicious and refreshing dessert made with fresh strawberries, ice cream, and whipped cream. Perfect for hot summer days!

Recipe Type: Standard Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	fresh strawberries
250 g	vanilla ice cream
100 g	whipped cream

Directions

Step 1

Preparation

Wash and hull the strawberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the strawberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Serving

Scoop the vanilla ice cream into serving bowls.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Top the ice cream with sliced strawberries.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5



Add a dollop of whipped cream on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

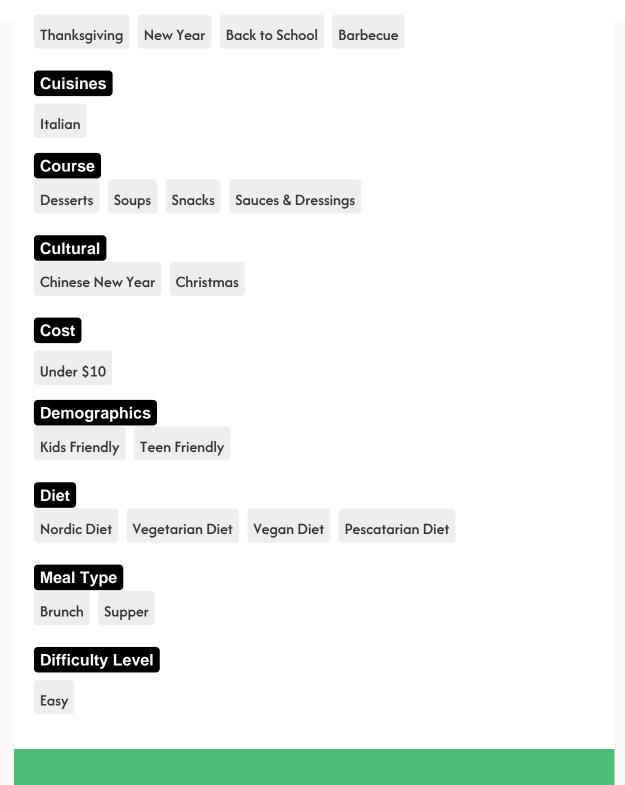
Recipe Attributes

Seasonality

Summer

Fall

Events



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