



Healthdor

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## Strawberry Sundae <sup>••</sup>

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

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## Step 2

### Cutting

Slice the strawberries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Serving

Scoop the vanilla ice cream into serving bowls.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

### Serving

Top the ice cream with sliced strawberries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Serving

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

Thanksgiving

New Year

Back to School

Barbecue

## Cuisines

Italian

## Course

Desserts

Soups

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Christmas

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

## Diet

Nordic Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

## Meal Type

Brunch

Supper

## Difficulty Level

Easy

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