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## Ruby Sundae with Strawberry ♦

A delicious sundae made with ruby chocolate and fresh strawberries. It's a perfect treat for any occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g ruby chocolate

100 g Strawberries

### Directions

## Step 1

Microwaving

Melt the ruby chocolate in a microwave or double boiler.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cutting

Wash and slice the strawberries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Pour the melted ruby chocolate over the sliced strawberries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Serve the ruby sundae with strawberry immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 30 g

**Protein:** 4 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	35 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	25 g	113.64%	147.06%
Fat	30 g	107.14%	120%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Snack Supper

### Difficulty Level

Easy

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