



## Big Daddy's Mint Sundae

READY IN



10 min.

SERVINGS



4

CALORIES



1753 kcal

DESSERT

### Ingredients

- ☐ 1 cup chocolate covered mint candies
- ☐ 1 cup chocolate sauce
- ☐ 4 servings mint leaves fresh for garnish
- ☐ 1 cup marshmallow sauce
- ☐ 10 mint sandwich cookies
- ☐ 0.5 gallon whipped cream
- ☐ 4 servings whipped cream for garnish

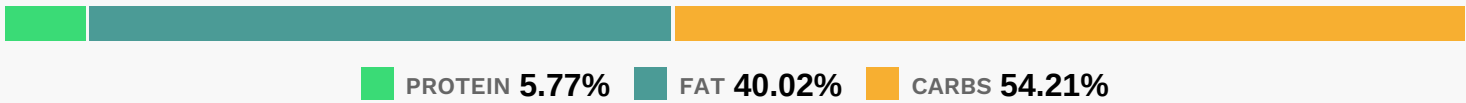
### Equipment

☐ bowl

## Directions

- ☐ Place 2 scoops ice cream into 4 bowls.
- ☐ Sprinkle the cookie pieces and mint candies around the ice cream in the bowls and drizzle each sundae with marshmallow and chocolate sauces.
- ☐ Garnish with whipped cream and mint leaves.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:66.51, Inflammation Score:-8, Nutrition Score:28.483043463334%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

## Nutrients (% of daily need)

Calories: 1753.31kcal (87.67%), Fat: 78.31g (120.47%), Saturated Fat: 46.26g (289.11%), Carbohydrates: 238.63g (79.54%), Net Carbohydrates: 231.71g (84.26%), Sugar: 190.91g (212.12%), Cholesterol: 220.62mg (73.54%), Sodium: 1579.65mg (68.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.37mg (3.46%), Protein: 25.39g (50.77%), Vitamin B2: 1.35mg (79.63%), Calcium: 743.46mg (74.35%), Phosphorus: 646.52mg (64.65%), Vitamin A: 2149.34IU (42.99%), Potassium: 1353.37mg (38.67%), Vitamin B12: 2.1µg (35.06%), Vitamin E: 4.85mg (32.32%), Iron: 5.35mg (29.7%), Magnesium: 118.28mg (29.57%), Vitamin B5: 2.95mg (29.51%), Fiber: 6.92g (27.69%), Zinc: 4.15mg (27.67%), Manganese: 0.54mg (26.75%), Copper: 0.48mg (23.87%), Vitamin B1: 0.29mg (19.59%), Selenium: 11.91µg (17.01%), Vitamin K: 13.55µg (12.9%), Vitamin B6: 0.25mg (12.65%), Folate: 46.32µg (11.58%), Vitamin B3: 1.56mg (7.82%), Vitamin D: 0.97µg (6.47%), Vitamin C: 3.84mg (4.66%)