

DESSERT

Butter Nut Sundaes

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
17 min	5 min	12 min	4	\$1.18	725 kcal

Butter Nut Sundaes could be just the gluten free recipe you've been looking for. For \$1.18 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. One portion of this dish contains roughly 14g of protein, 44g of fat, and a total of 725 calories. This recipe serves 4.

Ingredients

- ☐ 1 jar caramel sauce topping for sundaes, any brand
- ☐ 1/2 teaspoon ground cinnamon, eyeball it
- ☐ 2 pints butter pecan ice cream
- ☐ 1 cup sweetened shredded coconut
- ☐ 1/4 teaspoon ground allspice, a couple of pinches
- ☐ 1/4 teaspoon ground cloves, a couple of pinches
- ☐ 1/2 cup honey roasted peanuts
- ☐ 4 servings Whipped cream

EQUIPMENT Bowl, Baking sheet, Oven, Microwave, Toaster

Method

- 1

Preheat oven or toaster oven to 325 degrees F.
- 2

Place the coconut on a small cookie sheet and spice it up with cloves, allspice and cinnamon. Toast coconut 10 to 12 minutes to deep golden. Cool.
- 3

Chop honey roasted peanuts by hand or in processor. Reserve.
- 4

Remove lid to caramel sauce topping and place in microwave. Microwave the sauce on high 45 seconds to warm it through.

- 5 Fill dessert bowls with butter pecan ice cream and top with caramel sauce, whipped cream, chopped nuts and spiced, toasted coconut.

Nutrition per serving

725	14 g	44 g	71 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			25.4 g · 159% of daily needs
Fibre			4.5 g · 18% of daily needs
Sugar			60.5 g · 67% of daily needs
Sodium			329 mg · 14% of daily needs
Cholesterol			109 mg · 36% of daily needs
Vitamin C			1.6 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/butter-nut-sundaes-148496