



WHATSheATE



Caramel-Chocolate Sundaes



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



197 kcal

DESSERT

Ingredients

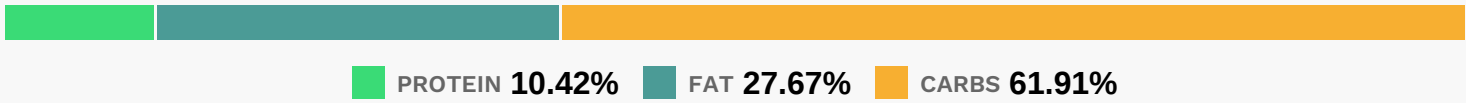
- ☐ 4 teaspoons caramel topping fat-free divided
- ☐ 4 teaspoons chocolate syrup divided
- ☐ 4 teaspoons dry-roasted peanuts unsalted divided finely chopped
- ☐ 2 cups whipped cream low-fat divided (such as Edy's Slow Churned)

Equipment

Directions

- ☐
- Spoon 1/2 cup ice cream into each of 4 glasses.
- ☐
- Drizzle each with 1 teaspoon chocolate syrup, 1 teaspoon caramel topping, and 1 teaspoon peanuts. Top with 1 teaspoon whipped topping and the chocolate curls, if desired.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:7.99, Inflammation Score:-3, Nutrition Score:4.5478260854016%

Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 6.18g (9.51%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 31.11g (10.37%), Net Carbohydrates: 30.3g (11.02%), Sugar: 23.84g (26.49%), Cholesterol: 20.52mg (6.84%), Sodium: 108.77mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Calcium: 131.98mg (13.2%), Vitamin B2: 0.2mg (11.8%), Phosphorus: 107.2mg (10.72%), Manganese: 0.14mg (7.23%), Vitamin A: 347.68IU (6.95%), Vitamin B12: 0.37µg (6.19%), Potassium: 213.36mg (6.1%), Magnesium: 22.69mg (5.67%), Zinc: 0.69mg (4.61%), Vitamin B5: 0.45mg (4.48%), Vitamin B3: 0.87mg (4.33%), Vitamin B1: 0.06mg (3.77%), Copper: 0.07mg (3.58%), Fiber: 0.8g (3.21%), Selenium: 2.07µg (2.96%), Folate: 11.12µg (2.78%), Vitamin B6: 0.05mg (2.37%), Iron: 0.36mg (2.02%), Vitamin C: 0.96mg (1.17%)