



Chocolate Mint Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons milk
- ☐ 0.3 ounce chocolate-covered peppermint patties
- ☐ 4 servings whipped cream

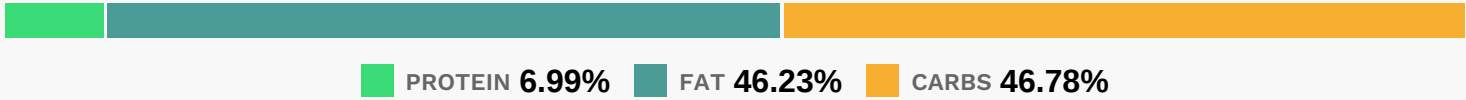
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Place peppermint patties and milk in a small microwave-safe glass bowl. Cover and microwave at HIGH 1 minute or until patties melt, stirring every 15 seconds.
- ☐ Serve over ice cream.
- ☐ NOTE: For testing purposes only, we used York Peppermint Patties.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:9.35, Inflammation Score:-2, Nutrition Score:2.8578261169402%

Nutrients (% of daily need)

Calories: 147.92kcal (7.4%), Fat: 7.63g (11.73%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 16.86g (6.13%), Sugar: 15.48g (17.2%), Cholesterol: 29.96mg (9.99%), Sodium: 56.15mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin B2: 0.17mg (9.93%), Calcium: 93.9mg (9.39%), Phosphorus: 76.88mg (7.69%), Vitamin A: 290.13IU (5.8%), Vitamin B12: 0.3µg (4.97%), Potassium: 144.56mg (4.13%), Vitamin B5: 0.41mg (4.11%), Zinc: 0.49mg (3.24%), Magnesium: 10.14mg (2.53%), Vitamin B1: 0.03mg (2.08%), Fiber: 0.5g (1.99%), Selenium: 1.33µg (1.9%), Vitamin B6: 0.04mg (1.81%), Vitamin D: 0.21µg (1.43%), Vitamin E: 0.2mg (1.34%)