



## Chocolate Peanut Butter Fudge Sundae

READY IN



10 min.

SERVINGS



4

CALORIES



1056 kcal

DESSERT

### Ingredients

- 4 scoops caramel ice cream
- 4 chocolate cigar cookies
- 4 scoops ice-cream chocolate shell
- 0.7 cup semi chocolate chips sweet
- 0.5 cup smooth peanut butter (recommended: Skippy)
- 0.7 cup condensed milk sweetened
- 4 scoops whipped cream
- 4 tablespoons or salted whole roughly chopped to taste

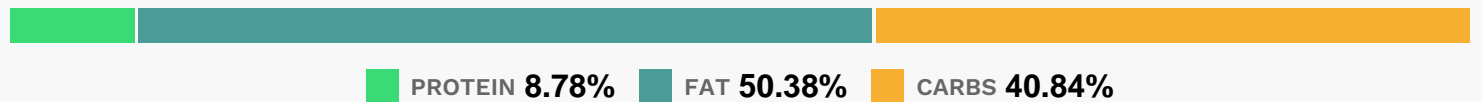
# Equipment

- sauce pan

# Directions

- Put all the sweetened condensed milk, chocolate chips, and peanut butter into a saucepan and put it on the heat to melt, stirring occasionally. In about 2 minutes you should have your sauce ready. When everything has melted add 3 to 4 tablespoons of boiling water to thin the sauce.
- Get out 4 sundae glasses and put a scoop of toffee or caramel ice cream in each, followed by 1 of the chocolate and then another of vanilla.
- Pour over some chocolate peanut butter fudge sauce and sprinkle with salted peanuts.
- Stick a chocolate cigar cookie in each sundae glass, hand them round and wait for people to weep with gratitude.

# Nutrition Facts



# Properties

Glycemic Index:74.13, Glycemic Load:49.18, Inflammation Score:-8, Nutrition Score:26.091738928919%

# Nutrients (% of daily need)

Calories: 1055.6kcal (52.78%), Fat: 60.8g (93.54%), Saturated Fat: 27.38g (171.13%), Carbohydrates: 110.89g (36.96%), Net Carbohydrates: 103.93g (37.79%), Sugar: 91.38g (101.53%), Cholesterol: 99.9mg (33.3%), Sodium: 474.78mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 28.98mg (9.66%), Protein: 23.85g (47.69%), Manganese: 1.3mg (64.77%), Phosphorus: 580.12mg (58.01%), Vitamin B2: 0.77mg (45.51%), Magnesium: 181.34mg (45.34%), Calcium: 433.86mg (43.39%), Copper: 0.76mg (37.93%), Vitamin B3: 6.79mg (33.93%), Potassium: 1071.02mg (30.6%), Fiber: 6.96g (27.85%), Vitamin E: 3.88mg (25.85%), Zinc: 3.72mg (24.79%), Selenium: 16.85µg (24.07%), Iron: 3.99mg (22.18%), Vitamin B5: 2.13mg (21.32%), Vitamin A: 982.89IU (19.66%), Folate: 68.75µg (17.19%), Vitamin B12: 1µg (16.59%), Vitamin B1: 0.24mg (15.86%), Vitamin B6: 0.31mg (15.54%), Vitamin D: 0.5µg (3.32%), Vitamin K: 3.44µg (3.28%), Vitamin C: 2.58mg (3.13%)