



Chocolate-Peanut Butter Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

DESSERT

Ingredients

- 2 tablespoons lite chocolate syrup (such as Hershey's)
- 1 tablespoon milk 1% low-fat
- 2 cups whipped cream low-fat
- 2 tablespoons peanut butter reduced-fat
- 2 tablespoons peanuts finely chopped

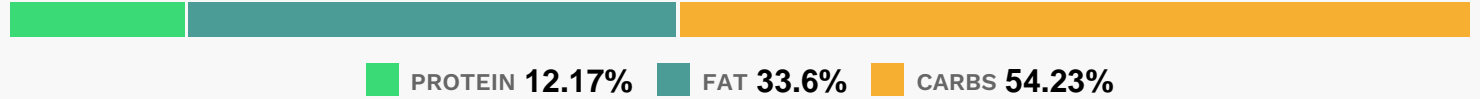
Equipment

- bowl
- whisk

Directions

- Combine first 4 ingredients in a small bowl; stir with a whisk until blended.
- Place 1/2 cup ice cream into each of 4 serving dishes; top each with 2 tablespoons peanut butter mixture.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:8.03, Inflammation Score:-4, Nutrition Score:6.6965216968371%

Nutrients (% of daily need)

Calories: 236.41kcal (11.82%), Fat: 9.02g (13.88%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 31.38g (11.41%), Sugar: 22.69g (25.21%), Cholesterol: 20.71mg (6.9%), Sodium: 109.2mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Manganese: 0.29mg (14.61%), Phosphorus: 143.96mg (14.4%), Calcium: 136.59mg (13.66%), Vitamin B2: 0.22mg (12.68%), Vitamin B3: 2.1mg (10.52%), Magnesium: 40.59mg (10.15%), Potassium: 277.16mg (7.92%), Copper: 0.16mg (7.78%), Vitamin A: 347.83IU (6.96%), Vitamin B1: 0.1mg (6.58%), Zinc: 0.97mg (6.49%), Vitamin B12: 0.38µg (6.33%), Vitamin B5: 0.55mg (5.54%), Fiber: 1.38g (5.52%), Vitamin E: 0.82mg (5.45%), Folate: 21.64µg (5.41%), Vitamin B6: 0.08mg (3.96%), Iron: 0.7mg (3.9%), Selenium: 2.7µg (3.86%), Vitamin C: 0.93mg (1.13%)