



# Coffee Chocolate Crunch Fantasia Ice Cream Sundaes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



457 kcal

DESSERT

## Ingredients

- ☐ 1 cup chocolate sauce homemade store-bought
- ☐ 1 tablespoon rum / brandy / coffee liqueur such as kahlúa
- ☐ 4 small flaky waffle cookies crushed thin
- ☐ 1 tablespoon rum dark
- ☐ 0.1 cup scoops premium coffee ice cream
- ☐ 2 teaspoons espresso grounds instant
- ☐ 0.3 cup very well-toasted macadamia nuts salted coarsely chopped

- ☐ 1.5 tablespoons powdered sugar
- ☐ 0.3 cup whipping cream cold

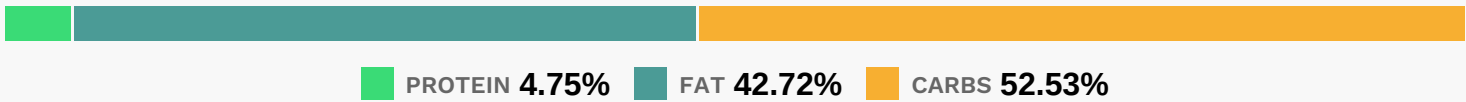
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Whisk cream and coffee liqueur together in a medium bowl. Sift in powdered sugar and whisk until soft peaks form. Chill.
- ☐ Stir chocolate sauce and espresso together in a small saucepan over medium heat. Cook, stirring, until warmed through. Stir in rum and reduce heat to low.
- ☐ Put 3 scoops ice cream on each of 4 plates and top with whipped cream. Spoon a thick band of chocolate sauce along the side of the plate. Scatter plates with toasted macadamia nuts, cookies, and cacao nibs, if using.
- ☐ \*Cacao nibs are available on amazon.com

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:8.1082607753899%

## Nutrients (% of daily need)

Calories: 456.93kcal (22.85%), Fat: 21.34g (32.83%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 55.79g (20.29%), Sugar: 33.2g (36.88%), Cholesterol: 19.38mg (6.46%), Sodium: 281.66mg (12.25%), Alcohol: 2.07g (100%), Alcohol %: 2.16% (100%), Caffeine: 21.02mg (7.01%), Protein: 5.33g (10.67%), Manganese: 0.78mg (38.8%), Copper: 0.36mg (18.07%), Vitamin E: 2.24mg (14.93%), Magnesium: 55.29mg (13.82%), Fiber: 3.24g (12.95%), Vitamin B1: 0.17mg (11.61%), Phosphorus: 113.22mg (11.32%), Iron: 1.59mg (8.82%), Potassium: 301.59mg (8.62%), Vitamin B2: 0.14mg (8.26%), Calcium: 63.56mg (6.36%), Zinc: 0.87mg (5.8%), Vitamin A: 237.55IU (4.75%), Selenium: 2.94µg (4.2%), Vitamin B3: 0.8mg (4%), Folate: 11.99µg (3%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.26mg (2.57%), Vitamin K: 2.47µg (2.35%), Vitamin D: 0.25µg (1.64%), Vitamin

B12: 0.09μg (1.42%)