



Coffee Ice Cream and Mexican Chocolate Sundaes with Cinnamon-Sugar Tortilla Crisps

READY IN



45 min.

SERVINGS



8

CALORIES



725 kcal

DESSERT

Ingredients

- ☐ 4 8-inch flour tortilla
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 quarts whipped cream
- ☐ 2.5 teaspoons espresso powder instant
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 0.3 cup water hot

☐ 0.5 cup whipping cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Whisk cream, 1/4 cup hot water, and espresso powder in heavy small saucepan to blend. Bring to simmer over medium heat.
- ☐ Remove from heat.
- ☐ Add chocolate and stir until melted and smooth. Stir in cinnamon. (Sauce can be made 3 days ahead. Cover and refrigerate. Rewarm sauce over low heat just until pourable before using.)
- ☐ Mix butter, sugar, and cinnamon in small bowl to blend.
- ☐ Spread butter mixture evenly over tortillas.
- ☐ Cut each tortilla into 8 wedges.
- ☐ Place wedges on 2 baking sheets, buttered side up, spacing apart. (Can be prepared 8 hours ahead. Cover with foil; let stand at room temperature.)
- ☐ Preheat oven to 400°F.
- ☐ Bake tortillas uncovered until crisp, puffed, and golden, about 8 minutes.
- ☐ Remove from oven.
- ☐ Place large scoop of ice cream in each of 8 dessert glasses.
- ☐ Drizzle warm chocolate sauce over. Stand 4 tortilla crisps in each glass.
- ☐ Garnish with mint sprigs, if desired, and serve.

Nutrition Facts



 **PROTEIN 5.81%**  **FAT 53.86%**  **CARBS 40.33%**

Properties

Glycemic Index:21.26, Glycemic Load:30.87, Inflammation Score:-7, Nutrition Score:15.340869649597%

Nutrients (% of daily need)

Calories: 724.8kcal (36.24%), Fat: 43.56g (67.01%), Saturated Fat: 26.11g (163.16%), Carbohydrates: 73.39g (24.46%), Net Carbohydrates: 68.72g (24.99%), Sugar: 52.41g (58.24%), Cholesterol: 111.84mg (37.28%), Sodium: 337.83mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.19mg (11.4%), Protein: 10.58g (21.15%), Phosphorus: 324.15mg (32.41%), Vitamin B2: 0.54mg (31.94%), Manganese: 0.61mg (30.45%), Calcium: 299.15mg (29.92%), Vitamin A: 1158.61IU (23.17%), Copper: 0.43mg (21.37%), Magnesium: 82.93mg (20.73%), Fiber: 4.67g (18.67%), Selenium: 11.85µg (16.93%), Potassium: 574.84mg (16.42%), Iron: 2.95mg (16.39%), Zinc: 2.16mg (14.43%), Vitamin B1: 0.21mg (14.24%), Vitamin B12: 0.78µg (12.98%), Vitamin B5: 1.21mg (12.06%), Folate: 33.68µg (8.42%), Vitamin B3: 1.68mg (8.39%), Vitamin E: 1.01mg (6.75%), Vitamin B6: 0.12mg (5.81%), Vitamin K: 5.54µg (5.28%), Vitamin D: 0.7µg (4.66%), Vitamin C: 1.17mg (1.42%)