



Coffee Sundaes with Salted Peanut Butter Caramel



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 0.7 cup mrs richardson's butterscotch caramel sauce store-bought
- ☐ 1 teaspoon roasted coffee beans whole crushed
- ☐ 1 pt coffee ice cream frozen
- ☐ 0.3 cup chunky old-fashioned peanut butter
- ☐ 0.3 cup roasted peanuts salted chopped
- ☐ 1 teaspoon sea salt fine
- ☐ 1 cup whipped cream sweetened

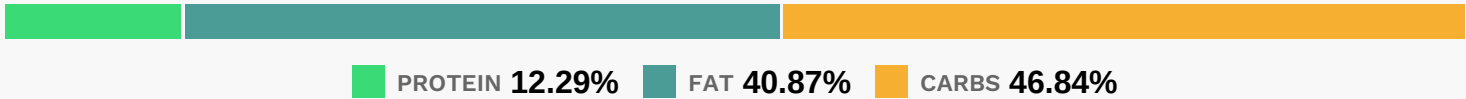
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Put caramel sauce and salt in a small saucepan and heat over medium heat until sauce is warm but not boiling and salt dissolves, 1 to 2 minutes. Stir in peanut butter until incorporated.
- ☐ Scoop 1/2 cup ice cream into each bowl. Top each with 1/4 cup caramel sauce, 1/4 cup whipped cream, 1 tbsp. peanuts, and a sprinkling of coffee beans.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.56, Inflammation Score:-3, Nutrition Score:8.3013044129247%

Nutrients (% of daily need)

Calories: 427.67kcal (21.38%), Fat: 20.53g (31.59%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 50.74g (18.45%), Sugar: 47.47g (52.75%), Cholesterol: 17.31mg (5.77%), Sodium: 913.74mg (39.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Manganese: 0.55mg (27.53%), Calcium: 242.9mg (24.29%), Vitamin B3: 4.23mg (21.16%), Potassium: 508.81mg (14.54%), Vitamin E: 2.07mg (13.82%), Magnesium: 55.21mg (13.8%), Phosphorus: 136.24mg (13.62%), Fiber: 2.2g (8.8%), Folate: 31.19µg (7.8%), Copper: 0.15mg (7.63%), Vitamin B6: 0.13mg (6.25%), Zinc: 0.79mg (5.24%), Vitamin B5: 0.46mg (4.6%), Iron: 0.81mg (4.47%), Vitamin B1: 0.06mg (4.28%), Vitamin B2: 0.06mg (3.45%), Selenium: 2.27µg (3.24%), Vitamin A: 136.65IU (2.73%), Vitamin B12: 0.11µg (1.86%), Vitamin C: 0.9mg (1.09%)