



Cracker Jack Caramel Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



883 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups caramel popcorn salted spanish
- ☐ 1.8 cups sugar divided
- ☐ 2 pts whipped cream
- ☐ 2 cups whipping cream divided

Equipment

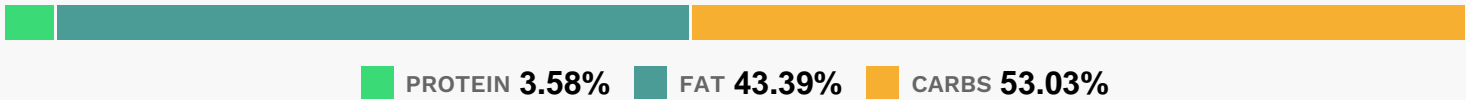
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, bring 1 1/2 cups sugar and 1/4 cup water to a boil over medium heat. Cook without stirring until mixture starts to turn a deep reddish brown, 6 to 8 minutes. Then gently swirl the pan to color evenly, remove from heat, and add butter and 1 cup whipping cream, stirring constantly (mixture will boil furiously).
- ☐ Let cool slightly.
- ☐ Whisk remaining 1 cup whipping cream and remaining 1/4 cup sugar in a medium bowl until soft peaks form.
- ☐ Scoop about 1/2 cup ice cream into each serving bowl.
- ☐ Pour 2 tbsp. warm sauce over ice cream (you will have a little extra), then top each with 1/4 cup caramel corn and 2 tbsp. peanuts. Dollop portions with whipped cream.

Nutrition Facts



Properties

Glycemic Index:22.64, Glycemic Load:47.07, Inflammation Score:-7, Nutrition Score:10.423043541286%

Nutrients (% of daily need)

Calories: 883.08kcal (44.15%), Fat: 43.62g (67.11%), Saturated Fat: 24.75g (154.7%), Carbohydrates: 119.97g (39.99%), Net Carbohydrates: 116.06g (42.21%), Sugar: 101.94g (113.27%), Cholesterol: 126mg (42%), Sodium: 244.23mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.19%), Vitamin A: 1421.13IU (28.42%), Vitamin B2: 0.45mg (26.24%), Calcium: 216.98mg (21.7%), Phosphorus: 208.23mg (20.82%), Fiber: 3.9g (15.61%), Vitamin E: 1.65mg (11.02%), Magnesium: 41.46mg (10.37%), Potassium: 357.7mg (10.22%), Vitamin B12: 0.57µg (9.42%), Vitamin K: 9.77µg (9.31%), Selenium: 6.32µg (9.03%), Vitamin B5: 0.89mg (8.89%), Zinc: 1.31mg (8.72%), Vitamin D: 1.19µg (7.92%), Vitamin B3: 1.48mg (7.39%), Manganese: 0.14mg (7.1%), Iron: 1.22mg (6.76%), Vitamin B1: 0.1mg (6.6%), Copper: 0.11mg (5.36%), Vitamin B6: 0.09mg (4.71%), Folate: 11.3µg (2.83%), Vitamin C: 1.07mg (1.29%)