



Dulce de Leche Ice Cream Sundaes

READY IN



45 min.

SERVINGS



8

CALORIES



624 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 2 pints dulce de leche
- ☐ 0.1 teaspoon salt
- ☐ 10 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons butter unsalted room temperature ()
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1.5 cups whipping cream

Equipment

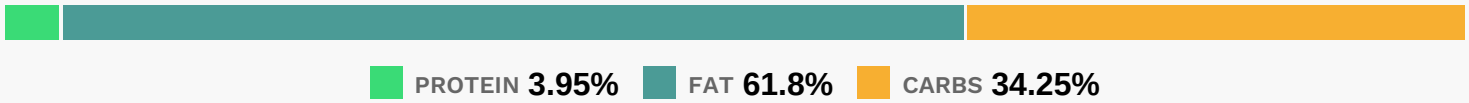
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Bring cream to simmer in medium saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate.
- ☐ Whisk until smooth.
- ☐ Preheat oven to 350°F.
- ☐ Mix all ingredients in bowl. Rub together with fingertips until small clumps form.
- ☐ Spread on rimmed baking sheet.
- ☐ Bake until golden, stirring occasionally, about 18 minutes. Cool streusel on sheet.
- ☐ Preheat oven to 350°F. Butter 8x8x2-inch metal baking pan. Using electric mixer, beat butter and both sugars in bowl to blend. Beat in egg, then vanilla. Sift flour, baking soda, and salt over; beat just until combined. Stir in chocolate chips.
- ☐ Spread batter in pan.
- ☐ Bake until golden around edges and tester inserted into center comes out clean, about 23 minutes. Cool in pan on rack.

Cut blondies into 1-inch squares. Arrange 5 squares in bottom of each dish. Rewarm sauce; spoon over. Top with ice cream, more sauce, then streusel.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:15.2, Inflammation Score:-7, Nutrition Score:11.611304265002%

Nutrients (% of daily need)

Calories: 623.53kcal (31.18%), Fat: 43.26g (66.56%), Saturated Fat: 26.16g (163.48%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 49.89g (18.14%), Sugar: 37.66g (41.85%), Cholesterol: 99.05mg (33.02%), Sodium: 99.58mg (4.33%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Caffeine: 40.15mg (13.38%), Protein: 6.22g (12.44%), Manganese: 0.71mg (35.32%), Copper: 0.61mg (30.74%), Magnesium: 89.47mg (22.37%), Iron: 3.71mg (20.59%), Vitamin A: 975.48IU (19.51%), Phosphorus: 175.1mg (17.51%), Selenium: 11.41µg (16.31%), Fiber: 4.05g (16.21%), Vitamin B2: 0.2mg (11.72%), Zinc: 1.52mg (10.13%), Potassium: 340.38mg (9.73%), Vitamin B1: 0.12mg (7.93%), Calcium: 72.04mg (7.2%), Vitamin E: 1mg (6.68%), Folate: 26.55µg (6.64%), Vitamin D: 1µg (6.64%), Vitamin B3: 1.13mg (5.64%), Vitamin K: 5.58µg (5.31%), Vitamin B5: 0.42mg (4.22%), Vitamin B12: 0.23µg (3.82%), Vitamin B6: 0.05mg (2.52%)