



Fudge Sundae Cake

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



347 kcal

Ingredients

- 10.8 oz round cake frozen thawed
- 0.8 cup cream sauce thick
- 4 cups whipped cream softened

Equipment

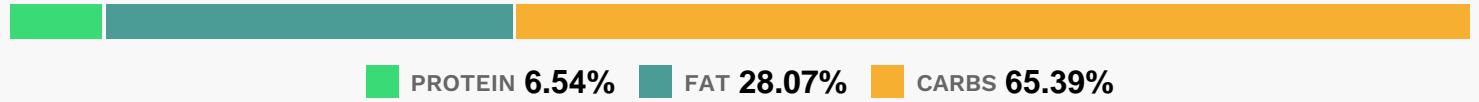
- aluminum foil

Directions

- Cut 20x18-inch sheet of heavy-duty foil.

- Cut frozen cake horizontally into 4 thin slices; place bottom layer lengthwise on foil.
- Spread 1/4 cup of the ice cream topping over bottom layer. Spoon 1/3 of the ice cream over topping; smooth top. Repeat layers twice and top with remaining cake slice, pressing cake firmly.
- Wrap tightly in foil; freeze until firm, about 4 hours. To serve, cut into slices.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:6.6186956996503%

Nutrients (% of daily need)

Calories: 346.84kcal (17.34%), Fat: 10.83g (16.65%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 56.74g (18.91%), Net Carbohydrates: 55.29g (20.11%), Sugar: 37.89g (42.1%), Cholesterol: 68.18mg (22.73%), Sodium: 388.74mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin B2: 0.29mg (16.87%), Phosphorus: 149.13mg (14.91%), Calcium: 125.11mg (12.51%), Manganese: 0.19mg (9.55%), Vitamin B1: 0.13mg (8.62%), Iron: 1.47mg (8.14%), Selenium: 5.31µg (7.59%), Potassium: 249.99mg (7.14%), Vitamin E: 1.04mg (6.93%), Copper: 0.14mg (6.9%), Magnesium: 27.11mg (6.78%), Vitamin A: 337.1IU (6.74%), Vitamin B12: 0.37µg (6.1%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.89mg (5.91%), Fiber: 1.45g (5.8%), Folate: 22.34µg (5.59%), Vitamin B3: 0.88mg (4.42%), Vitamin B6: 0.06mg (2.86%), Vitamin D: 0.21µg (1.39%)