



German Chocolate Cake Sundae

READY IN



30 min.

SERVINGS



30

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 1 cup chocolate wafers such as nabisco famous crumbled
- ☐ 2 tablespoons plus light
- ☐ 2 ounces wide-flake coconut chips unsweetened
- ☐ 1 cup granulated sugar
- ☐ 0.8 cup heavy cream
- ☐ 2 pints coconut ice cream
- ☐ 2 ounces pecan halves
- ☐ 1 pinch sea salt
- ☐ 1 teaspoon vanilla extract pure

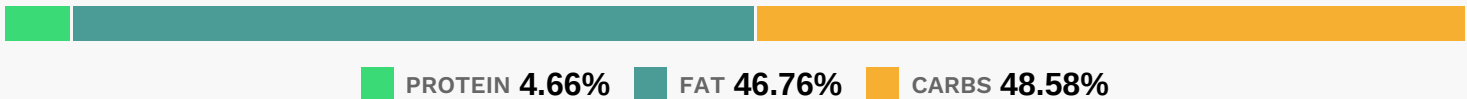
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the coconut and pecans in 2 separate pie plates. Toast the coconut for 5 minutes and the pecans for 10 minutes, until the edges of the coconut start to brown and the pecans are fragrant.
- ☐ Let the coconut and pecans cool, then coarsely chop the pecans.
- ☐ Meanwhile, in a large saucepan, combine the granulated sugar with the light corn syrup and 2 tablespoons of water and bring to a boil, stirring to dissolve the sugar. Wash down the side of the pan with a wet pastry brush. Cook the syrup over moderately high heat without stirring until a deep amber caramel forms, about 5 minutes.
- ☐ Remove from the heat and carefully add the cream. When the bubbles subside, stir to combine.
- ☐ Add the vanilla and salt and let cool slightly. Stir in the toasted pecans and all but 1/4 cup of the toasted coconut chips.
- ☐ Scoop the ice cream into 6 glasses and sprinkle with half of the cookie crumbs. Top with the warm caramel sauce and the remaining cookie crumbs and coconut.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:6.99, Glycemic Load:11.99, Inflammation Score:-2, Nutrition Score:3.0252173763254%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 175.41kcal (8.77%), Fat: 9.34g (14.37%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.86g (7.59%), Sugar: 17.82g (19.8%), Cholesterol: 20.76mg (6.92%), Sodium: 75.56mg (3.29%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 2.1g (4.19%), Manganese: 0.19mg (9.75%), Vitamin B2: 0.11mg (6.68%), Phosphorus: 56.12mg (5.61%), Calcium: 48.84mg (4.88%), Vitamin A: 222.27IU (4.45%), Copper: 0.08mg (4.14%), Fiber: 0.98g (3.91%), Magnesium: 13.03mg (3.26%), Zinc: 0.45mg (2.99%), Vitamin B1: 0.04mg (2.97%), Potassium: 103.35mg (2.95%), Vitamin B5: 0.26mg (2.6%), Iron: 0.46mg (2.58%), Selenium: 1.67µg (2.38%), Vitamin B12: 0.14µg (2.33%), Vitamin E: 0.24mg (1.61%), Vitamin B6: 0.03mg (1.55%), Folate: 6.11µg (1.53%), Vitamin B3: 0.3mg (1.5%), Vitamin D: 0.16µg (1.06%)