



Hot Fudge Sundae Shake

READY IN



10 min.

SERVINGS



4

CALORIES



744 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 tablespoons mrs richardson's butterscotch caramel sauce warmed
- ☐ 8 tablespoons topping hot warmed
- ☐ 4 maraschino cherries with stems)
- ☐ 0.5 cup milk
- ☐ 0.3 cup brownie mix divided crumbled
- ☐ 1 pint vanilla pod
- ☐ 8.5 oz whipped cream refrigerated instant canned

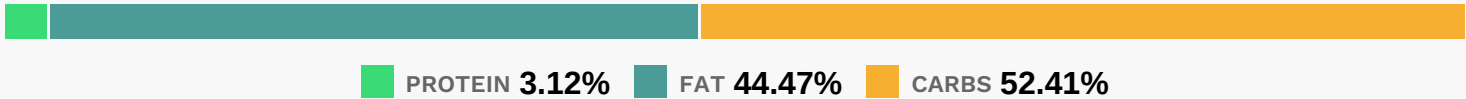
Equipment

☐ blender

Directions

- ☐ Process ice cream and milk in a blender until smooth, stopping to scrape down sides.
- ☐ Divide half of ice-cream mixture evenly among 4 (8-oz.) glasses. Top each with 1 Tbsp. fudge topping and 1 Tbsp. caramel topping. Repeat layers with remaining ice-cream mixture and fudge and caramel toppings.
- ☐ Top each with instant whipped cream; sprinkle with 1 Tbsp. crumbled brownies, and top with a cherry.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Hagen-Dazs Vanilla Bean Ice Cream and Smucker's Hot Fudge and Caramel Flavored Toppings.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:4.68, Inflammation Score:-3, Nutrition Score:5.6156521867151%

Nutrients (% of daily need)

Calories: 743.97kcal (37.2%), Fat: 37.29g (57.37%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 98.9g (32.97%), Net Carbohydrates: 97.68g (35.52%), Sugar: 51.58g (57.32%), Cholesterol: 49.82mg (16.61%), Sodium: 327.67mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Calcium: 139.28mg (13.93%), Phosphorus: 137.03mg (13.7%), Vitamin A: 501.08IU (10.02%), Vitamin E: 1.42mg (9.48%), Manganese: 0.16mg (8.17%), Potassium: 269.68mg (7.71%), Magnesium: 30.73mg (7.68%), Copper: 0.15mg (7.29%), Vitamin B12: 0.43µg (7.24%), Vitamin B2: 0.12mg (6.81%), Iron: 0.96mg (5.34%), Fiber: 1.22g (4.9%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.41mg (4.09%), Selenium: 2.83µg (4.04%), Vitamin D: 0.58µg (3.84%), Vitamin B1: 0.05mg (3.49%), Vitamin B6: 0.05mg (2.56%), Vitamin K: 2.26µg (2.15%), Folate: 4.13µg (1.03%)