



Ice Cream Sundae Cones

 **Gluten Free**

READY IN

ready

240 min.

SERVINGS

servings

6

CALORIES

calories

1172 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons agave syrup
- ☐ 0.3 cup chocolate fudge sauce
- ☐ 1 cup malted milk balls for the cones
- ☐ 1 ounce chocolate chopped
- ☐ 4 large chocolate-covered peanut butter cups chopped
- ☐ 0.5 cup roasted peanuts finely chopped
- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 6 tablespoons butter unsalted cut into small pieces

- ☐ 2 quarts vanilla and/or chocolate ice cream
- ☐ 6 waffle cones

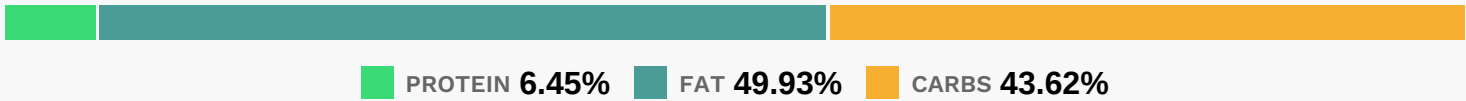
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Place a stainless steel bowl in the freezer to chill, about 20 minutes. Set 6 tall glasses on a baking sheet and put a cone in each. Drop a malted milk ball into each cone.
- ☐ Roughly chop the remaining malted milk balls and put in the cold bowl with the peanut-butter-cup pieces and ice cream. Use a metal spoon to smash and stir the candies into the ice cream, working quickly to keep it from melting.
- ☐ Press 1 small scoop of the candy ice cream into each cone. Dot with a heaping teaspoon of fudge sauce and top with 2 generous scoops of the candy ice cream. Freeze the cones (in the glasses) until firm, about 2 hours.
- ☐ Meanwhile, melt the semisweet and milk chocolate with the butter and corn syrup in a heatproof bowl set over a saucepan of barely simmering water (do not let the bowl touch the water), stirring until smooth.
- ☐ Remove the bowl from the saucepan and let sit until the chocolate is cool but still pourable, about 10 minutes.
- ☐ Remove the cones from the glasses and dip the ice cream into the chocolate, swirling to coat. Immediately sprinkle the peanuts over the chocolate; place the cones upright in the glasses and freeze until the chocolate shell is set, at least 1 hour or overnight.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:50.55, Inflammation Score:-9, Nutrition Score:25.400000033171%

Nutrients (% of daily need)

Calories: 1172.12kcal (58.61%), Fat: 67.68g (104.12%), Saturated Fat: 37.49g (234.31%), Carbohydrates: 132.99g (44.33%), Net Carbohydrates: 125.03g (45.47%), Sugar: 107.13g (119.03%), Cholesterol: 139.58mg (46.53%), Sodium: 411.38mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.58mg (11.53%), Protein: 19.68g (39.36%), Manganese: 1.19mg (59.28%), Phosphorus: 497.23mg (49.72%), Copper: 0.93mg (46.45%), Magnesium: 175.38mg (43.84%), Vitamin B2: 0.72mg (42.54%), Calcium: 394.65mg (39.46%), Vitamin A: 1680.55IU (33.61%), Potassium: 1120.46mg (32.01%), Fiber: 7.96g (31.85%), Iron: 5.59mg (31.04%), Folate: 88.11µg (22.03%), Vitamin B5: 2.13mg (21.35%), Zinc: 3.11mg (20.72%), Vitamin B3: 3.85mg (19.24%), Vitamin B1: 0.26mg (17.35%), Selenium: 12.07µg (17.25%), Vitamin B12: 1.02µg (16.97%), Vitamin B6: 0.25mg (12.32%), Vitamin E: 1.83mg (12.21%), Vitamin D: 0.84µg (5.61%), Vitamin K: 5.8µg (5.52%), Vitamin C: 3.16mg (3.83%)