




 **57%**
HEALTH SCORE


Ice Cream Sundae Pizza

READY IN




160 min.

SERVINGS



3

CALORIES



3474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter (2 sticks)
- 3 servings caramel ice cream topping flavored
- 3 servings coconut or toasted
- 4 large eggs
- 1.5 cups flour all-purpose
- 3 servings cream sauce hot
- 3 servings maraschino cherries
- 3 servings pretzels chopped
- 3 servings raspberries

- 0.3 teaspoon salt
- 3 servings peanuts salted chopped
- 3 servings strawberry ice cream topping flavored
- 2 cups sugar
- 4 ounce chocolate unsweetened
- 1 teaspoon vanilla extract
- 0.5 gallon whipped cream softened
- 3 servings whipped cream

Equipment

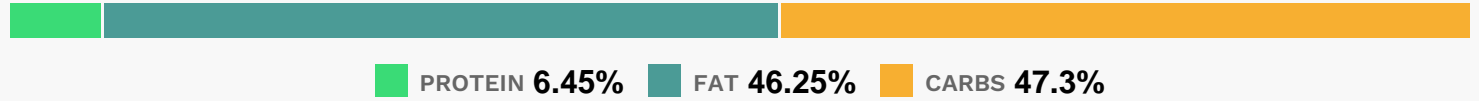
- bowl
- frying pan
- oven
- pizza pan
- hand mixer
- toothpicks
- microwave

Directions

- Preheat the oven to 350 degrees F. Lightly grease a round 14-inch deep-dish pizza pan.
- In a medium bowl, combine the butter and chocolate. Microwave on high, in 30-second intervals, stirring between each, until the chocolate is melted and smooth, about 1 minute 30 seconds total.
- In a large bowl, beat the sugar and eggs at medium-high speed with an electric mixer until fluffy. Gradually beat in the flour and salt. Stir in the melted chocolate and vanilla extract.
- Pour the batter into the prepared pan, and bake until a toothpick inserted into the middle comes out clean, 16 to 18 minutes.
- Let cool completely.
- Spread the softened ice cream evenly over the cooled brownie, to the edges of the pan. Freeze for 2 hours or up to 2 days.

- Top the pizza with the caramel flavored ice cream topping, toasted coconut, cherries, hot fudge flavored topping, peanuts, pretzels, raspberries, strawberry flavored ice cream topping and whipped cream.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:143.36, Glycemic Load:236.23, Inflammation Score:-10, Nutrition Score:66.745217033055%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 25.1mg, Catechin: 25.1mg, Catechin: 25.1mg, Catechin: 25.1mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 55.72mg, Epicatechin: 55.72mg, Epicatechin: 55.72mg, Epicatechin: 55.72mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 3473.67kcal (173.68%), Fat: 184.23g (283.42%), Saturated Fat: 105.81g (661.28%), Carbohydrates: 423.87g (141.29%), Net Carbohydrates: 402.22g (146.26%), Sugar: 297.3g (330.33%), Cholesterol: 711.99mg (237.33%), Sodium: 1976.13mg (85.92%), Alcohol: 0.46g (100%), Alcohol %: 0.05% (100%), Caffeine: 30.31mg (10.1%), Protein: 57.76g (115.52%), Manganese: 3.69mg (184.68%), Vitamin B2: 2.54mg (149.45%), Phosphorus: 1302.64mg (130.26%), Calcium: 1074.75mg (107.47%), Vitamin A: 5217.38IU (104.35%), Copper: 1.89mg (94.69%), Selenium: 64.22µg (91.74%), Fiber: 21.65g (86.6%), Magnesium: 323.44mg (80.86%), Iron: 14.19mg (78.82%), Folate: 306.35µg (76.59%), Vitamin B1: 1.12mg (74.39%), Zinc: 10.92mg (72.77%), Potassium: 2340.03mg (66.86%), Vitamin B5: 6.42mg (64.15%), Vitamin B3: 11.61mg (58.07%), Vitamin B12: 3.47µg (57.84%), Vitamin E: 5.31mg (35.41%), Vitamin B6: 0.63mg (31.49%), Vitamin C: 25.75mg (31.21%), Vitamin D: 2.62µg (17.46%), Vitamin K: 17µg (16.19%)