



Ice Cream with Chocolate Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 1 oz bittersweet chocolate unsweetened coarsely chopped (not)
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 2 tablespoons sugar
- ☐ 0.1 teaspoon vanilla

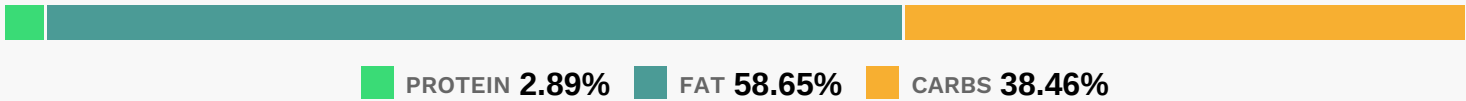
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐
- Cook sugar in a very small dry heavy saucepan or skillet over moderately high heat, undisturbed, until sugar begins to melt, about 2 minutes. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel, 2 to 3 minutes.
- ☐
- Remove caramel from heat and carefully pour in cream (mixture will steam and bubble vigorously). Once bubbles begin to subside, add chocolate and stir until sauce is smooth. Stir in vanilla and pour sauce over ice cream.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:16.75, Inflammation Score:-5, Nutrition Score:6.1613043870615%

Nutrients (% of daily need)

Calories: 410.98kcal (20.55%), Fat: 27.18g (41.82%), Saturated Fat: 16.6g (103.72%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 37.84g (13.76%), Sugar: 35.74g (39.71%), Cholesterol: 52.55mg (17.52%), Sodium: 15.27mg (0.66%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.01g (6.03%), Manganese: 0.38mg (18.91%), Copper: 0.36mg (18.04%), Vitamin A: 675.67IU (13.51%), Magnesium: 53.11mg (13.28%), Iron: 1.85mg (10.27%), Phosphorus: 99.84mg (9.98%), Fiber: 2.27g (9.07%), Vitamin B2: 0.1mg (6.09%), Potassium: 204.71mg (5.85%), Zinc: 0.86mg (5.75%), Selenium: 3.88µg (5.54%), Vitamin D: 0.72µg (4.8%), Calcium: 47.57mg (4.76%), Vitamin E: 0.58mg (3.88%), Vitamin K: 3.48µg (3.32%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.27mg (1.34%), Vitamin B6: 0.03mg (1.28%), Vitamin B1: 0.02mg (1.21%)