



Marshmallow Creme-Hot Fudge Sundaes

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



498 kcal

Ingredients

- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon espresso grounds instant
- ☐ 6 tablespoons marshmallow crème
- ☐ 12 ounces bittersweet chocolate chopped
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 8 servings whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan

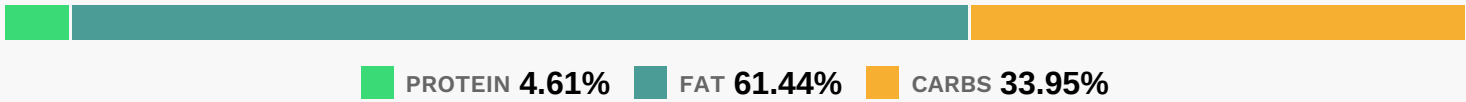
☐

whisk

Directions

- ☐ Combine chocolate, cocoa powder, and espresso in a large metal bowl. Bring cream just to a simmer in a small saucepan over medium heat; pour over chocolate mixture.
- ☐ Let sit for 30 seconds, then whisk until smooth and glossy. Fold marshmallow creme into chocolate. DO AHEAD:Can be made 3 days ahead.
- ☐ Let cool, cover, and chill. Rewarm before serving.
- ☐ Serve warm sauce over ice cream.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:9.22, Inflammation Score:-6, Nutrition Score:10.298260846864%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 498.35kcal (24.92%), Fat: 34.31g (52.78%), Saturated Fat: 20.7g (129.39%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 38.75g (14.09%), Sugar: 33.24g (36.93%), Cholesterol: 65.21mg (21.74%), Sodium: 65.13mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.82mg (12.94%), Protein: 5.79g (11.58%), Manganese: 0.57mg (28.74%), Copper: 0.55mg (27.7%), Magnesium: 86.99mg (21.75%), Phosphorus: 198.23mg (19.82%), Fiber: 3.91g (15.64%), Iron: 2.8mg (15.54%), Vitamin A: 736.45IU (14.73%), Vitamin B2: 0.24mg (13.85%), Calcium: 130.73mg (13.07%), Potassium: 404.83mg (11.57%), Zinc: 1.66mg (11.08%), Selenium: 5.68µg (8.11%), Vitamin B12: 0.38µg (6.36%), Vitamin B5: 0.59mg (5.87%), Vitamin E: 0.72mg (4.82%), Vitamin D: 0.61µg (4.05%), Vitamin K: 4.22µg (4.02%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.06mg (2.84%), Vitamin B3: 0.47mg (2.36%), Folate: 4.53µg (1.13%)