



Mexican Caramel Sundaes

READY IN



15 min.

SERVINGS



4

CALORIES



347 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 2 pints caramel swirl ice cream
- 8 ounces mrs richardson's butterscotch caramel sauce store bought for ice cream
- 0.5 teaspoon cinnamon for sauce, 1/2 teaspoon for tortillas
- 4 8-inch flour tortillas ()
- 0.3 teaspoon ground pepper
- 4 teaspoons sugar
- 1 canister real whipped cream

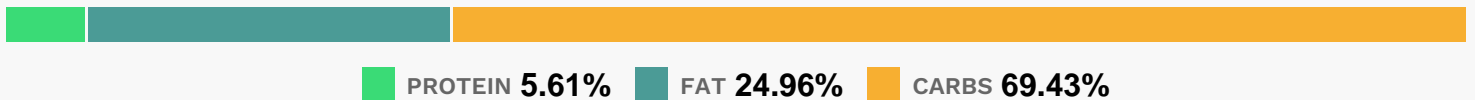
Equipment

- baking sheet
- sauce pan
- oven
- wooden spoon
- spatula

Directions

- Preheat oven to 400 degrees F.
- In a small saucepan, warm caramel sauce over low heat and season with cayenne pepper and 1/2 teaspoon of cinnamon.
- Place tortillas on a cookie sheet and brush liberally with melted butter.
- Sprinkle each tortilla with sugar and a pinch of cinnamon and bake until crispy and sugar has melted on the tortillas, 5 minutes.
- Remove tortillas from oven, let cool to harden and break into large, uneven pieces. Arrange the pieces of 1 tortilla in a sundae dish or on a dessert plate. Top with 2 large scoops ice cream.
- Drizzle the warm caramel sauce over each sundae using a spatula or wooden spoon. Top each sundae with whipped cream swirls and Spanish peanuts.

Nutrition Facts



Properties

Glycemic Index:79.27, Glycemic Load:10.88, Inflammation Score:-3, Nutrition Score:6.608695625368%

Nutrients (% of daily need)

Calories: 347.05kcal (17.35%), Fat: 9.89g (15.22%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 61.91g (20.64%), Net Carbohydrates: 60.07g (21.84%), Sugar: 38.26g (42.51%), Cholesterol: 15.24mg (5.08%), Sodium: 618.35mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 12.36µg (17.65%), Vitamin B1: 0.26mg (17.37%), Manganese: 0.29mg (14.3%), Phosphorus: 130.71mg (13.07%), Folate: 50µg (12.5%), Vitamin B3:

2.3mg (11.48%), Calcium: 105.3mg (10.53%), Iron: 1.89mg (10.48%), Vitamin B2: 0.15mg (8.82%), Fiber: 1.84g (7.36%), Vitamin A: 279.68IU (5.59%), Vitamin K: 4.31µg (4.11%), Magnesium: 14.55mg (3.64%), Potassium: 106.59mg (3.05%), Copper: 0.05mg (2.72%), Vitamin B12: 0.11µg (1.91%), Zinc: 0.28mg (1.9%), Vitamin B5: 0.18mg (1.83%), Vitamin B6: 0.03mg (1.69%), Vitamin E: 0.23mg (1.53%)