



Mexican Hot Fudge Sundae

 Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- 1 teaspoon cornstarch
- 0.5 cup evaporated milk fat-free
- 0.5 teaspoon ground cinnamon
- 4 cups whipped cream light
- 0.3 cup pinenuts toasted
- 2 tablespoons powdered sugar
- 0.8 cup semi chocolate chips
- 0.3 cup strong coffee decoction brewed

0.5 teaspoon vanilla extract

Equipment

bowl

sauce pan

whisk

Directions

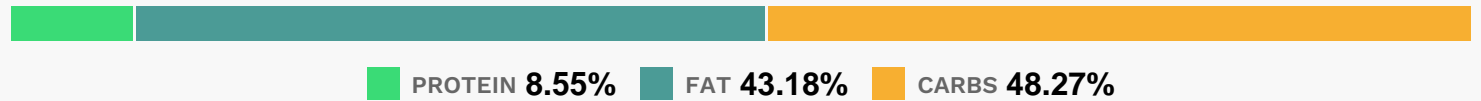
Place cornstarch in a small saucepan. Gradually add milk, stirring with a whisk until blended. Stir in coffee. Cook over medium-high heat 1 minute or until mixture just begins to simmer.

Remove from heat; stir in chocolate chips. Cook, stirring constantly, over medium-high heat until mixture comes to a boil; cook 1 minute until mixture is smooth and slightly thickened.

Remove from heat; stir in powdered sugar, cinnamon, and vanilla extract.

Spoon 1/2 cup ice cream into each of 8 dessert bowls. Top each serving with 2 1/2 tablespoons sauce and 1/2 tablespoon pine nuts.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:7.99, Inflammation Score:-4, Nutrition Score:8.3173913126406%

Nutrients (% of daily need)

Calories: 294.02kcal (14.7%), Fat: 14.22g (21.87%), Saturated Fat: 6.88g (42.97%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 33.95g (12.35%), Sugar: 26.71g (29.68%), Cholesterol: 26.1mg (8.7%), Sodium: 75mg (3.26%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 18.46mg (6.15%), Protein: 6.33g (12.67%), Manganese: 0.62mg (31.23%), Phosphorus: 178.81mg (17.88%), Calcium: 176.11mg (17.61%), Vitamin B2: 0.27mg (15.86%), Copper: 0.28mg (14.14%), Magnesium: 55.12mg (13.78%), Potassium: 332.46mg (9.5%), Zinc: 1.4mg (9.34%), Iron: 1.49mg (8.27%), Vitamin A: 388.15IU (7.76%), Fiber: 1.8g (7.21%), Vitamin B12: 0.41µg (6.88%), Vitamin B5: 0.56mg (5.55%), Selenium: 3.35µg (4.79%), Vitamin B1: 0.07mg (4.66%), Vitamin E: 0.61mg (4.09%), Vitamin K: 3.94µg (3.75%), Vitamin B6: 0.05mg (2.61%), Vitamin B3: 0.48mg (2.41%), Folate: 7.46µg (1.86%), Vitamin C: 1.25mg (1.51%)