

Mexican Hot Fudge Sundaes

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



610 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup heavy whipping cream
- ☐ 8 servings pinenuts toasted
- ☐ 16 ounces semi chocolate chips
- ☐ 0.5 cup freshly strong coffee brewed ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings whipped cream

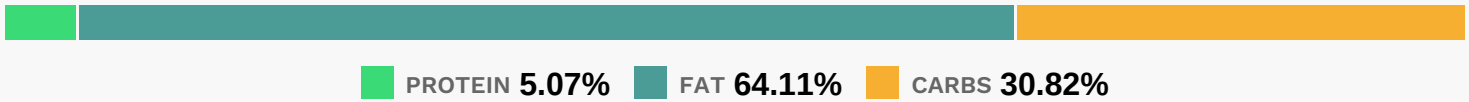
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring cream and 1/2 cup coffee to boil in medium saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate and cinnamon. Stir until chocolate is melted and sauce is smooth.
- ☐ Mix in vanilla extract. Scoop ice cream into bowls. Top with warm fudge sauce and pine nuts.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:9.22, Inflammation Score:-7, Nutrition Score:16.328261095545%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 609.56kcal (30.48%), Fat: 43.88g (67.51%), Saturated Fat: 22.6g (141.22%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 41.97g (15.26%), Sugar: 35.85g (39.84%), Cholesterol: 57.66mg (19.22%), Sodium: 65.04mg (2.83%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 54.69mg (18.23%), Protein: 7.81g (15.62%), Manganese: 1.68mg (84.23%), Copper: 0.86mg (42.93%), Magnesium: 136.32mg (34.08%), Phosphorus: 287.78mg (28.78%), Iron: 4.24mg (23.56%), Fiber: 5.5g (22%), Zinc: 2.66mg (17.76%), Potassium: 542.43mg (15.5%), Vitamin B2: 0.26mg (15.44%), Calcium: 138.79mg (13.88%), Vitamin A: 637.84IU (12.76%), Vitamin E: 1.68mg (11.19%), Vitamin K: 10.48µg (9.98%), Selenium: 6.7µg (9.57%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.4µg (6.59%), Vitamin B1: 0.09mg (5.88%), Vitamin B3: 1.04mg (5.19%), Vitamin B6: 0.07mg (3.44%), Vitamin D: 0.49µg (3.26%), Folate: 7.9µg (1.98%)