



Mint Hot Fudge-Brownie Sundaes

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 2 cups mint fudge sauce hot
- ☐ 8 brownies
- ☐ 8 servings garnish: peppermint candies hard crushed
- ☐ 8 servings whipped cream

Equipment

Directions

- ☐
- Place 1 brownie in each of 8 sundae dishes; top each with 2 scoops vanilla ice cream and 1/4 cup Mint Hot Fudge Sauce.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:9.88, Inflammation Score:-3, Nutrition Score:6.942173877488%

Nutrients (% of daily need)

Calories: 411.08kcal (20.55%), Fat: 14.15g (21.76%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 65.11g (21.7%), Net Carbohydrates: 62.52g (22.73%), Sugar: 41.61g (46.24%), Cholesterol: 29.8mg (9.93%), Sodium: 318.68mg (13.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.32mg (1.77%), Protein: 5.85g (11.71%), Vitamin E: 2.2mg (14.65%), Manganese: 0.29mg (14.36%), Phosphorus: 143.02mg (14.3%), Copper: 0.28mg (13.98%), Vitamin B2: 0.23mg (13.39%), Calcium: 121.72mg (12.17%), Magnesium: 45.72mg (11.43%), Fiber: 2.59g (10.36%), Potassium: 347.18mg (9.92%), Zinc: 1.09mg (7.24%), Iron: 1.08mg (5.97%), Vitamin A: 279.38IU (5.59%), Vitamin B12: 0.3µg (5.05%), Vitamin B5: 0.47mg (4.74%), Selenium: 2.94µg (4.19%), Vitamin B1: 0.05mg (3.53%), Vitamin B6: 0.05mg (2.34%), Vitamin K: 2.1µg (2%), Folate: 6.34µg (1.59%), Vitamin B3: 0.27mg (1.33%)