



Mint Hot Fudge Sundaes

READY IN



45 min.

SERVINGS



6

CALORIES



719 kcal

DESSERT

Ingredients

- ☐ 1 cup chocolate chips
- ☐ 2 tablespoons butter ()
- ☐ 1 pint ice-cream chocolate shell green
- ☐ 10 crème-filled chocolate sandwich cookies
- ☐ 0.3 cup plus light
- ☐ 2 tablespoons mint leaves fresh sliced for garnish
- ☐ 0.5 teaspoon peppermint extract
- ☐ 2 tablespoons sugar divided
- ☐ 6 servings garnish: whipped cream sweetened

- ☐ 1 ounce baker's chocolate unsweetened chopped
- ☐ 1 pint whipped cream
- ☐ 0.3 cup water

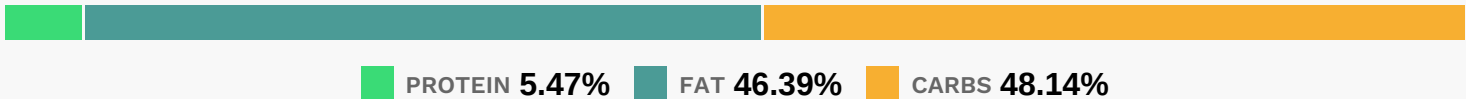
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir first 4 ingredients and 1 tablespoon sugar in heavy small saucepan over medium-high heat until chocolate is melted and smooth. Bring just to boil.
- ☐ Remove from heat.
- ☐ Add unsweetened chocolate and extract; stir until smooth. Set mint-fudge sauce aside.
- ☐ Toss remaining 1 tablespoon sugar and sliced mint in small bowl. Set mint sugar aside.
- ☐ Place small scoop of vanilla ice cream in each dish. Top with some broken cookies, then scoop of mint ice cream and more cookies.
- ☐ Drizzle 1 to 2 tablespoons warm sauce over each. Top with whipped cream.
- ☐ Garnish with mint sugar and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:26.94, Inflammation Score:-6, Nutrition Score:14.397826111835%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

Nutrients (% of daily need)

Calories: 718.68kcal (35.93%), Fat: 38.24g (58.83%), Saturated Fat: 25.31g (158.18%), Carbohydrates: 89.29g (29.76%), Net Carbohydrates: 85.15g (30.96%), Sugar: 70.59g (78.44%), Cholesterol: 76.41mg (25.47%), Sodium: 274.24mg (11.92%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 7.15mg (2.38%), Protein: 10.15g (20.3%), Calcium: 300.23mg (30.02%), Vitamin B2: 0.46mg (27%), Manganese: 0.51mg (25.59%), Iron: 4.52mg (25.14%), Phosphorus: 250.19mg (25.02%), Copper: 0.41mg (20.36%), Potassium: 649.36mg (18.55%), Zinc: 2.77mg (18.48%), Magnesium: 71.93mg (17.98%), Vitamin A: 892IU (17.84%), Fiber: 4.14g (16.54%), Vitamin B5: 1.22mg (12.17%), Vitamin B12: 0.65µg (10.76%), Vitamin E: 1.6mg (10.69%), Vitamin B1: 0.15mg (10.27%), Folate: 38.6µg (9.65%), Selenium: 6.63µg (9.47%), Vitamin K: 9.16µg (8.73%), Vitamin B6: 0.13mg (6.55%), Vitamin B3: 1.2mg (6.01%), Vitamin D: 0.34µg (2.26%), Vitamin C: 1.71mg (2.07%)