



Mocha Ice Cream Sundaes with Coffee-Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



729 kcal

DESSERT

Ingredients

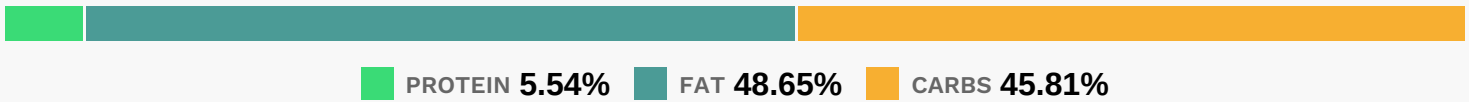
- ☐ 6 servings mrs richardson's butterscotch caramel sauce
- ☐ 1 pint ice-cream chocolate shell
- ☐ 1 tablespoon ground coffee finely
- ☐ 1 pint whipped cream
- ☐ 1 cup raspberries fresh
- ☐ 1 pint whipped cream
- ☐ 1 cup whipping cream chilled beaten

Equipment

Directions

- ☐ Arrange 1 scoop of each ice cream in each of 6 stemmed glasses.
- ☐ Sprinkle raspberries over ice cream.
- ☐ Pour about 3 tablespoons warm Coffee-Caramel Sauce over ice cream in each glass. Top with whipped cream.
- ☐ Sprinkle with ground coffee beans.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:32.96, Inflammation Score:-7, Nutrition Score:13.428260813589%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 728.5kcal (36.43%), Fat: 40.47g (62.27%), Saturated Fat: 25.2g (157.5%), Carbohydrates: 85.77g (28.59%), Net Carbohydrates: 82.42g (29.97%), Sugar: 78.31g (87.01%), Cholesterol: 141.04mg (47.01%), Sodium: 333.43mg (14.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.03mg (1.34%), Protein: 10.37g (20.74%), Vitamin B2: 0.61mg (36.1%), Calcium: 338.63mg (33.86%), Vitamin A: 1617.79IU (32.36%), Phosphorus: 294.4mg (29.44%), Potassium: 604.52mg (17.27%), Vitamin B12: 0.98µg (16.32%), Vitamin B5: 1.58mg (15.83%), Manganese: 0.28mg (13.87%), Magnesium: 54.13mg (13.53%), Fiber: 3.35g (13.4%), Zinc: 1.72mg (11.5%), Selenium: 6.56µg (9.37%), Vitamin C: 7.18mg (8.7%), Vitamin E: 1.27mg (8.46%), Copper: 0.17mg (8.26%), Vitamin B1: 0.11mg (7.47%), Vitamin D: 1.11µg

(7.39%), Vitamin B6: 0.14mg (7.2%), Folate: 27.09µg (6.77%), Iron: 1.05mg (5.85%), Vitamin K: 3.54µg (3.37%),
Vitamin B3: 0.51mg (2.53%)