



Nutty caramel & choc sundaes

 Popular

READY IN



20 min.

SERVINGS



6

CALORIES



481 kcal

DESSERT

Ingredients

- ☐ 100 g chocolate dark
- ☐ 200 ml milk
- ☐ 300 g individually wrapped caramels (we used Carnation)
- ☐ 85 g crunchy peanut butter
- ☐ 4 grands flaky refrigerator biscuits crumbled (we used Fox's butter crinkle crunch biscuits)
- ☐ 50 g peanuts salted chopped
- ☐ 6 whipped cream
- ☐ 6 ice-cream chocolate shell

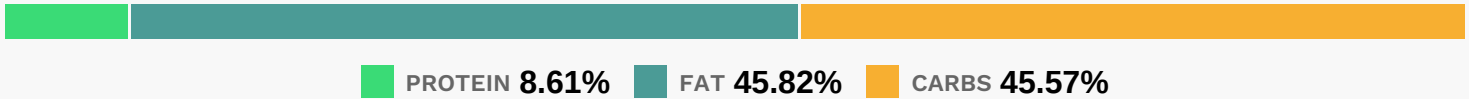
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the chocolate and 100ml milk in a small pan, and put the caramel, peanut butter and 100ml milk in another pan. Gently melt both, stirring until saucy. Set aside to cool.
- ☐ Give the sauces a good stir to loosen, then layer the 2 sauces, biscuit bits, peanuts and ice cream in 6 sundae glasses or bowls, and eat straight away.

Nutrition Facts



Properties

Glycemic Index:52.54, Glycemic Load:29.99, Inflammation Score:-4, Nutrition Score:12.18739130186%

Nutrients (% of daily need)

Calories: 480.73kcal (24.04%), Fat: 25.43g (39.12%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 53.05g (19.29%), Sugar: 41.5g (46.11%), Cholesterol: 8.91mg (2.97%), Sodium: 234.67mg (10.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.36mg (4.45%), Protein: 10.74g (21.49%), Manganese: 0.84mg (41.83%), Copper: 0.47mg (23.41%), Phosphorus: 227.1mg (22.71%), Magnesium: 90.32mg (22.58%), Vitamin B3: 3.78mg (18.88%), Iron: 2.86mg (15.87%), Fiber: 3.85g (15.39%), Calcium: 141.9mg (14.19%), Vitamin B2: 0.24mg (14.16%), Potassium: 455.62mg (13.02%), Vitamin B1: 0.17mg (11.47%), Zinc: 1.53mg (10.2%), Folate: 40.64µg (10.16%), Vitamin E: 1.41mg (9.38%), Vitamin B5: 0.85mg (8.45%), Vitamin B6: 0.15mg (7.46%), Selenium: 4.9µg (7.01%), Vitamin B12: 0.39µg (6.49%), Vitamin K: 3.03µg (2.89%), Vitamin D: 0.38µg (2.55%), Vitamin A: 97.3IU (1.95%)