



Peanut Butter Cup Ice Cream Cones



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



12

CALORIES



558 kcal

DESSERT

Ingredients

- 1.5 quarts whipped cream
- 12 ice cream cake cones with pointed ends sugar-style
- 0.3 cup peanut butter
- 1 cup peanuts chopped
- 2.3 cups semi chocolate chips

Equipment

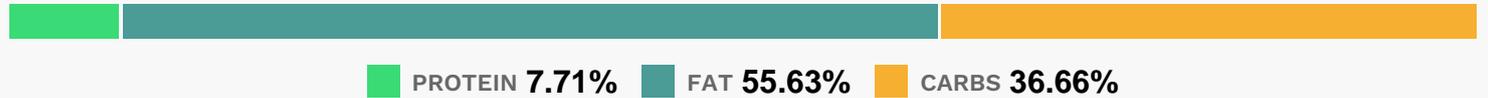
- bowl
- ziploc bags

microwave

Directions

- Stand each ice cream cone in small glass or cup. In small microwavable bowl, microwave 1/4 cup of the chocolate chips uncovered on High 30 to 60 seconds, stirring once, until chips are softened and can be stirred smooth. Spoon melted chocolate into small resealable food-storage plastic bag; seal bag.
- Cut off corner of bag; squeeze bag to drizzle chocolate in bottom of each cone.
- Fill each cone to the top with ice cream. Using small scoop, top each cone with a scoop of ice cream. Freeze until firm, about 30 minutes.
- In medium microwavable bowl, microwave peanut butter and remaining 2 cups chocolate chips uncovered on High 1 minute; stir until melted. Cool about 10 minutes.
- Place chopped peanuts in small bowl.
- Remove ice cream cones from freezer. Working with one at a time, dip top of cone into chocolate-peanut butter mixture. Immediately roll in peanuts. Return cones to glasses; return to freezer until completely set.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:16.77, Inflammation Score:-6, Nutrition Score:14.379999958951%

Nutrients (% of daily need)

Calories: 558.4kcal (27.92%), Fat: 35g (53.85%), Saturated Fat: 16.99g (106.18%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 46.83g (17.03%), Sugar: 38.27g (42.52%), Cholesterol: 54.07mg (18.02%), Sodium: 133.99mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.02mg (9.68%), Protein: 10.92g (21.84%), Manganese: 0.88mg (43.98%), Copper: 0.59mg (29.43%), Phosphorus: 281.27mg (28.13%), Magnesium: 108.96mg (27.24%), Fiber: 5.06g (20.25%), Vitamin B2: 0.34mg (20.08%), Calcium: 188.87mg (18.89%), Iron: 2.95mg (16.4%), Vitamin B3: 3.25mg (16.25%), Potassium: 552.08mg (15.77%), Zinc: 2.13mg (14.21%), Folate: 46.66µg (11.66%), Vitamin B5: 1.08mg (10.8%), Vitamin B1: 0.16mg (10.59%), Vitamin A: 514.89IU (10.3%), Selenium: 6.25µg (8.93%), Vitamin B12: 0.52µg (8.7%), Vitamin E: 1.07mg (7.17%), Vitamin B6: 0.14mg (6.78%), Vitamin K: 2.87µg (2.74%), Vitamin D: 0.24µg (1.58%)