



Peanut Butter Sundaes-in-a-Cup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup peanut butter
- 1 tablespoon butter melted
- 1 tablespoon plus light
- 2 cups whipped cream
- 4 teaspoons roasted peanuts salted chopped
- 0.5 cup topping hot
- 0.3 cup whipped cream
- 4 maraschino cherries

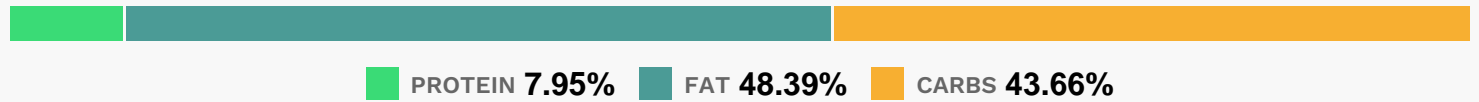
Equipment

- bowl
- aluminum foil

Directions

- In small bowl, mix peanut butter, butter and corn syrup until well blended.
- Spoon 1/4 cup ice cream into each of four 6- to 8-ounce clear plastic or paper cups. Top each with peanut butter mixture and peanuts. Spoon another 1/4 cup ice cream into each cup; press down gently. Cover each cup with foil. Freeze 30 minutes or until ready to serve.
- To serve, spoon 2 tablespoons fudge topping into each cup. Top each with whipped cream and cherry.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:10.67, Inflammation Score:-5, Nutrition Score:9.3447826556537%

Nutrients (% of daily need)

Calories: 453.45kcal (22.67%), Fat: 25.01g (38.47%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 50.77g (16.92%), Net Carbohydrates: 47.87g (17.41%), Sugar: 35.37g (39.3%), Cholesterol: 32.27mg (10.76%), Sodium: 312.02mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Manganese: 0.5mg (25.05%), Vitamin E: 2.8mg (18.68%), Phosphorus: 184.47mg (18.45%), Magnesium: 63.9mg (15.98%), Vitamin B3: 3.07mg (15.33%), Vitamin B2: 0.23mg (13.63%), Copper: 0.26mg (12.79%), Calcium: 124.25mg (12.43%), Fiber: 2.9g (11.62%), Potassium: 377.09mg (10.77%), Zinc: 1.33mg (8.88%), Vitamin A: 431.75IU (8.64%), Vitamin B5: 0.69mg (6.86%), Vitamin B6: 0.13mg (6.29%), Folate: 25.14µg (6.28%), Vitamin B1: 0.08mg (5.54%), Iron: 0.97mg (5.39%), Vitamin B12: 0.29µg (4.91%), Selenium: 3.2µg (4.57%), Vitamin K: 1.34µg (1.28%)