




Peppermint Hot Fudge Sundaes


 **Gluten Free**

READY IN




20 min.

SERVINGS



6

CALORIES



887 kcal

DESSERT

Ingredients

- 0.5 cup peppermint candies crushed
- 0.3 cup plus light
- 1 cup cup heavy whipping cream
- 1 pinch salt
- 12 ounces bittersweet chocolate finely chopped
- 2 pints whipped cream softened

Equipment

- bowl

- sauce pan
- whisk
- plastic wrap
- spatula

Directions

- Place ice cream in a large bowl. Reserve 2 Tbsp. of candy and sprinkle remaining candy over ice cream. Using a large flexible spatula or back of a large spoon, mix ice cream and candy until candy is well incorporated. Cover bowl with plastic wrap and place in freezer for 30 minutes.
- Combine cream and corn syrup in a saucepan and bring to a boil over medium heat, stirring to blend well.
- Remove from heat and whisk in chocolate and salt. Stir until chocolate has melted and sauce is smooth.
- Divide ice cream among 6 dessert dishes. Top with hot fudge sauce.
- Sprinkle each portion with reserved crushed candy and serve immediately.

Nutrition Facts

PROTEIN 4.54% **FAT 53.97%** **CARBS 41.49%**

Properties

Glycemic Index:25, Glycemic Load:33.49, Inflammation Score:-8, Nutrition Score:16.449130390001%

Nutrients (% of daily need)

Calories: 887.23kcal (44.36%), Fat: 53.42g (82.18%), Saturated Fat: 32.32g (202.03%), Carbohydrates: 92.39g (30.8%), Net Carbohydrates: 86.75g (31.54%), Sugar: 75.89g (84.33%), Cholesterol: 117.62mg (39.21%), Sodium: 157.83mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 10.12g (20.23%), Manganese: 0.76mg (38.21%), Copper: 0.75mg (37.41%), Phosphorus: 336.04mg (33.6%), Magnesium: 124.79mg (31.2%), Vitamin B2: 0.48mg (28.29%), Calcium: 265.07mg (26.51%), Vitamin A: 1275.47IU (25.51%), Fiber: 5.64g (22.56%), Iron: 3.77mg (20.92%), Potassium: 673.18mg (19.23%), Zinc: 2.75mg (18.32%), Vitamin B12: 0.78µg (13.01%), Selenium: 8.89µg (12.7%), Vitamin B5: 1.19mg (11.88%), Vitamin E: 1.17mg (7.82%), Vitamin B1: 0.1mg (6.61%), Vitamin D: 0.95µg (6.33%), Vitamin K: 5.82µg (5.55%), Vitamin B6: 0.11mg (5.44%), Vitamin B3: 0.68mg (3.42%), Folate: 9.47µg (2.37%), Vitamin C: 1.18mg (1.44%)