



## Reese's Peanut Butter Cup Sundae

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1819 kcal

DESSERT

### Ingredients

- 6 ounces bittersweet chocolate finely chopped
- 3 pints ice-cream chocolate shell
- 0.8 ounce cocoa powder
- 0.5 cup plus light
- 0.5 cup creamy peanut butter
- 0.3 cup granulated sugar
- 0.5 cup cup heavy whipping cream
- 12 peanut butter cups

- 1 pinch salt
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract pure
- 0.5 cup water

## Equipment

- sauce pan

## Directions

- Make Peanut Butter Sauce: In medium heavy duty saucepan, stir cream, sugar, butter, and salt over medium heat to dissolve. Continue to cook, stirring frequently, until mixture comes to boil. Boil one minute.
- Remove from heat and let cool until just warm. Stir in vanilla and peanut butter until smooth.
- Make Hot Fudge: In medium saucepan, stir chocolate, corn syrup, water, sugar, cocoa powder, butter, and salt together over medium low heat until combined and melted. Increase heat to medium and bring to a low boil, stirring frequently. Continue to cook for 3 minutes, stirring frequently. Stir in vanilla off-heat. Allow to cool slightly.
- Assemble sundaes: Set 4 to 5 whole peanut butter cups aside; chop remaining.
- Layer 4 to 5 tall sundae glasses with ice cream, sauces, and chopped peanut butter cups. Top with whipped cream (if using) and a peanut butter cup.

## Nutrition Facts



**PROTEIN 6.39%** **FAT 49.35%** **CARBS 44.26%**

## Properties

Glycemic Index:38.27, Glycemic Load:66.55, Inflammation Score:-9, Nutrition Score:37.656956765963%

## Flavonoids

Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epicatechin: 10.44mg, Epicatechin: 10.44mg, Epicatechin: 10.44mg, Epicatechin: 10.44mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 1819.08kcal (90.95%), Fat: 104.65g (161%), Saturated Fat: 53.08g (331.76%), Carbohydrates: 211.2g (70.4%), Net Carbohydrates: 198.19g (72.07%), Sugar: 183.67g (204.08%), Cholesterol: 174.94mg (58.31%), Sodium: 642.16mg (27.92%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Caffeine: 63.01mg (21%), Protein: 30.49g (60.99%), Manganese: 1.74mg (87.03%), Copper: 1.48mg (74.01%), Phosphorus: 739.74mg (73.97%), Magnesium: 293.47mg (73.37%), Vitamin B2: 0.9mg (53.07%), Fiber: 13.01g (52.05%), Calcium: 503.6mg (50.36%), Potassium: 1594.57mg (45.56%), Iron: 7.94mg (44.13%), Vitamin A: 2138.39IU (42.77%), Vitamin B3: 7.88mg (39.4%), Zinc: 5.29mg (35.27%), Vitamin E: 4.77mg (31.81%), Vitamin B5: 2.85mg (28.49%), Folate: 113.12µg (28.28%), Selenium: 16.6µg (23.72%), Vitamin B1: 0.32mg (21.63%), Vitamin B12: 1.3µg (21.63%), Vitamin B6: 0.42mg (21.05%), Vitamin D: 1.29µg (8.61%), Vitamin K: 6.82µg (6.49%), Vitamin C: 2.82mg (3.41%)