



## Root Beer Float Sundae

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



696 kcal

DESSERT

### Ingredients

- 4 maraschino cherries
- 6 root beer candies hard flavored
- 36 ounce root beer
- 0.3 cup sugar
- 3 medium sugar cones
- 1 quart whipped cream
- 1 cup non-dairy whipped topping

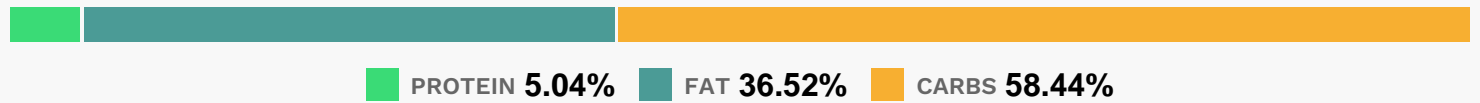
### Equipment

- sauce pan
- meat tenderizer

## Directions

- Bring root beer and sugar to a boil in heavy medium saucepan over high heat. Reduce heat to low and simmer for 45 minutes or until mixture has reduce by 3/4 and is syrupy.
- Remove from heat and allow sauce to cool to room temperature.
- Place the root beer candies in a plastic re-sealable freezer bag.
- Lay the bag flat on a hard surface and cover with a hand towel. Using a meat mallet or hammer crush the candies to a course consistency.
- Scoop ice cream into 4 sundae dishes. Spoon 1/4 cup of the root beer sauce over each dish of ice cream. Top the each sundae with a heaping dollop of whipped topping.
- Sprinkle with sugar cone chips and crushed root beer candies.
- Place a cherry on top and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:50.3, Glycemic Load:42.3, Inflammation Score:-5, Nutrition Score:10.079565302185%

## Nutrients (% of daily need)

Calories: 696.22kcal (34.81%), Fat: 28.53g (43.9%), Saturated Fat: 18.18g (113.66%), Carbohydrates: 102.76g (34.25%), Net Carbohydrates: 100.95g (36.71%), Sugar: 96.95g (107.72%), Cholesterol: 104.47mg (34.82%), Sodium: 236.47mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.71%), Vitamin B2: 0.59mg (34.54%), Calcium: 331.81mg (33.18%), Phosphorus: 262.44mg (26.24%), Vitamin A: 1012.16IU (20.24%), Vitamin B12: 0.96µg (16%), Potassium: 493.63mg (14.1%), Vitamin B5: 1.38mg (13.77%), Zinc: 1.85mg (12.3%), Magnesium: 37.2mg (9.3%), Fiber: 1.82g (7.26%), Selenium: 5.05µg (7.22%), Vitamin B1: 0.1mg (6.72%), Vitamin B6: 0.12mg (5.88%), Vitamin E: 0.81mg (5.37%), Copper: 0.08mg (4.12%), Vitamin D: 0.47µg (3.15%), Folate: 12.39µg (3.1%), Manganese: 0.05mg (2.67%), Iron: 0.39mg (2.16%), Vitamin C: 1.42mg (1.72%), Vitamin B3: 0.29mg (1.47%), Vitamin K: 1.38µg (1.32%)