



Sandy's Sundae



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



3145 kcal

DESSERT

Ingredients

- ☐ 1 chocolate-covered cherry
- ☐ 5 small chocolate-covered pretzels
- ☐ 1 scoop ice-cream chocolate shell
- ☐ 0.3 cup plus light
- ☐ 8 ounces chocolate dark chopped
- ☐ 1 cup dulce de leche
- ☐ 1 serving edible gold sprinkles
- ☐ 0.3 cup heavy cream

- ☐ 0.3 cup heavy cream
- ☐ 1 scoop coffee ice cream
- ☐ 0.3 cup nut brittle chopped
- ☐ 1 tablespoon spiced rum
- ☐ 0.3 cup strong coffee decoction instant
- ☐ 1 teaspoon vanilla extract
- ☐ 1 scoop whipped cream
- ☐ 1 cup whipped cream

Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the mocha chocolate sauce: In a medium saucepot, heat the cream, coffee and corn syrup over low heat. Once hot, whisk in the chocolate and vanilla.
- ☐ Let simmer for 5 minutes.
- ☐ For the dulce de leche sauce: In a small saucepot, whisk together the dulce de leche, heavy cream and spiced rum.
- ☐ Heat over low heat until hot.
- ☐ Pour about 2 tablespoon each of the mocha chocolate and dulce de leche sauces in the bottom of a sundae glass. Top with the coffee ice cream, vanilla ice cream and finally the chocolate ice cream.
- ☐ Drizzle with more of the sauces. Top with the whipped cream, garnish with the chocolate-covered pretzels, brittle and just a little drizzle of each of the sauces. Top with the chocolate-covered cherry and sprinkle with the edible gold sprinkles or glitter.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN 5.4%  FAT 58.66%  CARBS 35.94%

Properties

Glycemic Index:326, Glycemic Load:62.17, Inflammation Score:-10, Nutrition Score:58.267826246179%

Nutrients (% of daily need)

Calories: 3145.03kcal (157.25%), Fat: 206.36g (317.47%), Saturated Fat: 111.61g (697.56%), Carbohydrates: 284.4g (94.8%), Net Carbohydrates: 256.53g (93.28%), Sugar: 178.93g (198.81%), Cholesterol: 289.99mg (96.66%), Sodium: 321.49mg (13.98%), Alcohol: 6.39g (100%), Alcohol %: 0.77% (100%), Caffeine: 2041.23mg (680.41%), Protein: 42.75g (85.49%), Manganese: 8.54mg (426.98%), Copper: 4.7mg (235.1%), Magnesium: 853.19mg (213.3%), Iron: 32.48mg (180.44%), Phosphorus: 1424.37mg (142.44%), Potassium: 4601.91mg (131.48%), Fiber: 27.87g (111.49%), Vitamin B3: 21.03mg (105.14%), Zinc: 12.2mg (81.33%), Vitamin A: 3385.83IU (67.72%), Calcium: 664.17mg (66.42%), Vitamin B2: 1.06mg (62.13%), Selenium: 32.89µg (46.99%), Vitamin E: 6.76mg (45.06%), Vitamin K: 42.28µg (40.27%), Vitamin B12: 1.76µg (29.33%), Vitamin B5: 2.8mg (27.98%), Vitamin B1: 0.39mg (26.21%), Vitamin D: 2.86µg (19.05%), Vitamin B6: 0.31mg (15.68%), Folate: 36.47µg (9.12%), Vitamin C: 2.37mg (2.87%)