



S'mores Sundaes

READY IN



45 min.

SERVINGS



8

CALORIES



746 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 1.5 pints whipped cream
- ☐ 16 large marshmallows
- ☐ 0.3 teaspoon salt
- ☐ 5 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract

- ☐ 0.8 cup walnut pieces chopped
- ☐ 0.8 cup whipping cream
- ☐ 1 cup flour whole wheat

Equipment

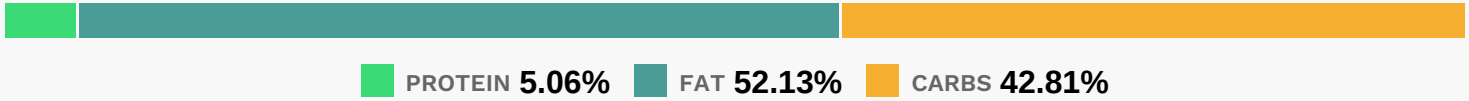
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ skewers

Directions

- ☐ Preheat oven to 350°F. Lightly butter 8-inch square baking pan.
- ☐ Mix flour, brown sugar, baking powder and salt in medium bowl.
- ☐ Whisk butter, egg and vanilla in large bowl to blend.
- ☐ Add flour mixture. Stir to blend.
- ☐ Mix in nuts. Press dough over bottom of prepared pan.
- ☐ Bake blondie until golden and tester inserted into center comes out clean, about 25 minutes.
- ☐ Transfer pan to rack and cool.
- ☐ Bring cream to simmer in heavy small saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate. Stir until chocolate melts and mixture is smooth. (Can be made 1 day ahead. Store blondie airtight at room temperature. Cover and refrigerate chocolate sauce. Rewarm sauce over medium-low heat before using.)
- ☐ Cut blondie into 16 squares.

- ☐ Place 2 squares in each of 8 large sundae dishes. Thread marshmallows onto 4 skewers; hold over gas flame or under broiler until soft and golden.
- ☐ Place 2 scoops ice cream atop blondies in each dish. Spoon sauce over. Top with 2 marshmallows.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:19.55, Inflammation Score:-7, Nutrition Score:15.221739250681%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg

Nutrients (% of daily need)

Calories: 746.23kcal (37.31%), Fat: 44.26g (68.09%), Saturated Fat: 23.29g (145.55%), Carbohydrates: 81.77g (27.26%), Net Carbohydrates: 77.38g (28.14%), Sugar: 61.15g (67.94%), Cholesterol: 119.07mg (39.69%), Sodium: 234.34mg (10.19%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 15.24mg (5.08%), Protein: 9.67g (19.33%), Manganese: 1.25mg (62.45%), Phosphorus: 272.65mg (27.27%), Copper: 0.51mg (25.68%), Selenium: 16.19µg (23.13%), Vitamin A: 1102.21IU (22.04%), Magnesium: 87.03mg (21.76%), Calcium: 214.75mg (21.48%), Vitamin B2: 0.34mg (19.93%), Fiber: 4.39g (17.57%), Iron: 2.48mg (13.76%), Zinc: 1.97mg (13.15%), Potassium: 451.2mg (12.89%), Vitamin B1: 0.16mg (10.84%), Vitamin B6: 0.2mg (9.96%), Vitamin B5: 0.93mg (9.27%), Vitamin B12: 0.49µg (8.22%), Vitamin E: 1.15mg (7.69%), Folate: 26.46µg (6.61%), Vitamin B3: 1.19mg (5.93%), Vitamin D: 0.87µg (5.82%), Vitamin K: 3.85µg (3.67%)