

DESSERT

Spanish Sundaes

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
10 min	5 min	5 min	4	\$1.60	766 kcal



You can never have too many dessert recipes, so give Spanish Sundaes a try. One portion of this dish contains around 13g of protein, 51g of fat, and a total of 766 calories. This gluten free recipe serves 4 and costs \$1.6 per serving.

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 pinch cayenne pepper
- ☐ 4 servings Ground cinnamon
- ☐ 2 pints vanilla ice cream
- ☐ ½ cup Marcona almonds (not in oil, just toasted) not , just
- ☐ 1 jar dark chocolate fudge sauce
- ☐ 1 tablespoon sugar
- ☐ ¾ cup whipping cream

EQUIPMENT Bowl, Whisk, Pot

Method

- 1 Watch how to make this recipe.
- 2 Bring a small pot of water to simmer over low heat.
- 3 Stand the jar of chocolate sauce in the water and heat until warmed through.
- 4 Whisk the cream, almond extract and sugar in a medium bowl until soft peaks form, about 1 to 2 minutes.
- 5 Chop the Marcona almonds.
- 6 Season the warm sauce with cinnamon and cayenne.
- 7 Fill sundae dishes with chocolate fudge, nuts, ice cream, more fudge, more nuts and top with whipped cream.
- 8 OLE!

Nutrition per serving

766
KCAL

13 g
PROTEIN

51 g
FAT

66 g
CARBS

Saturated Fat	27.1 g · 169% of daily needs
Fibre	5 g · 20% of daily needs
Sugar	55.5 g · 62% of daily needs
Sodium	202 mg · 9% of daily needs
Cholesterol	155 mg · 52% of daily needs
Vitamin C	1.8 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spanish-sundaes-142108