



Spicy Sundaes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



800 kcal

Ingredients

- ☐ 4 servings bitter chocolate bar dark for shaving
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup fudge sauce
- ☐ 2 pints ice cream such as vanilla or walnut
- ☐ 2 tablespoons orange liqueur (recommended: Grand Marnier)
- ☐ 4 servings whipped cream

Equipment

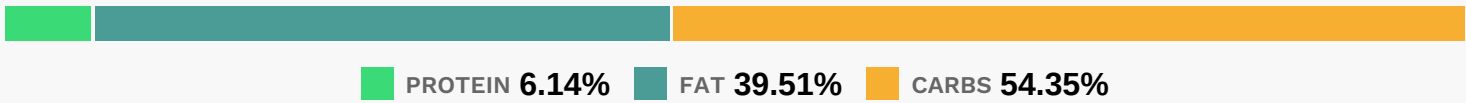
- ☐ bowl

- ☐ pot
- ☐ microwave
- ☐ peeler

Directions

- ☐ Heat the dessert sauce in small pot or microwave in small bowl. Stir in orange liqueur, cinnamon, and hot pepper. Fill sundae dishes with 2 scoops of ice cream and top with spicy, warm sauce and whipped cream. Using a vegetable peeler, decorate the sundaes with shavings of dark chocolate.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:33.47, Inflammation Score:-7, Nutrition Score:14.423912898354%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg

Nutrients (% of daily need)

Calories: 800.08kcal (40%), Fat: 34.68g (53.36%), Saturated Fat: 20.25g (126.58%), Carbohydrates: 107.34g (35.78%), Net Carbohydrates: 103.24g (37.54%), Sugar: 79.52g (88.36%), Cholesterol: 109.42mg (36.47%), Sodium: 453.59mg (19.72%), Alcohol: 1.95g (100%), Alcohol %: 0.75% (100%), Caffeine: 8.07mg (2.69%), Protein: 12.12g (24.25%), Vitamin B2: 0.64mg (37.85%), Calcium: 349.82mg (34.98%), Phosphorus: 332.27mg (33.23%), Vitamin A: 1065.4IU (21.31%), Potassium: 708.36mg (20.24%), Manganese: 0.39mg (19.44%), Magnesium: 74mg (18.5%), Vitamin E: 2.78mg (18.5%), Copper: 0.36mg (17.8%), Vitamin B12: 0.99µg (16.43%), Fiber: 4.1g (16.4%), Zinc: 2.39mg (15.93%), Vitamin B5: 1.49mg (14.86%), Selenium: 6.21µg (8.87%), Vitamin B1: 0.13mg (8.47%), Iron: 1.41mg (7.82%), Vitamin B6: 0.13mg (6.67%), Folate: 15.41µg (3.85%), Vitamin D: 0.5µg (3.31%), Vitamin K: 2.95µg (2.81%), Vitamin B3: 0.5mg (2.51%), Vitamin C: 1.63mg (1.97%)