



## Sundae Cone "Cake"

 Gluten Free  Dairy Free  Low Fod Map

READY IN



265 min.

SERVINGS



25

CALORIES



178 kcal

DESSERT

## Ingredients

- 1 Tbsp oil
- 0.3 cup planters roasted peanuts dry chopped
- 4 oz baker's semi-sweet chocolate
- 6 sugar cones divided
- 1.8 qt whipped cream softened

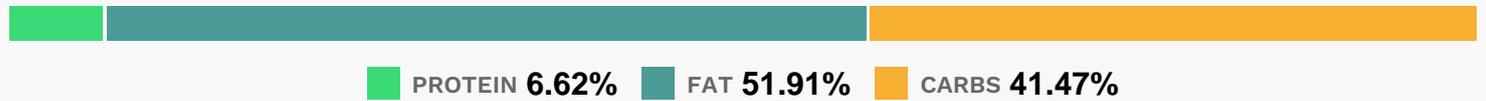
## Equipment

- bowl
- aluminum foil

## Directions

- Use back of spoon to pack ice cream into foil-lined 1-1/2-qt. bowl. Crush 4 sugar cones; sprinkle over ice cream. Press gently into ice cream to form even crust.
- Freeze 4 hours or until ice cream is firm.
- Unmold dessert onto plate; remove foil. Break remaining cones into pieces; press into side of dessert.
- Melt chocolate as directed on package just before serving dessert. Stir in oil; cool slightly.
- Drizzle over dessert; sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:5.24, Glycemic Load:9.42, Inflammation Score:-2, Nutrition Score:3.6604348097159%

## Nutrients (% of daily need)

Calories: 178.07kcal (8.9%), Fat: 10.33g (15.89%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 17.62g (6.41%), Sugar: 16.02g (17.8%), Cholesterol: 29.42mg (9.81%), Sodium: 59.6mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 2.96g (5.92%), Vitamin B2: 0.16mg (9.66%), Calcium: 88.48mg (8.85%), Phosphorus: 86.8mg (8.68%), Vitamin A: 281.16IU (5.62%), Magnesium: 19.93mg (4.98%), Manganese: 0.1mg (4.83%), Potassium: 167.06mg (4.77%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.62mg (4.13%), Copper: 0.08mg (3.91%), Fiber: 0.95g (3.81%), Vitamin E: 0.4mg (2.65%), Selenium: 1.71µg (2.45%), Vitamin B1: 0.03mg (2.06%), Iron: 0.37mg (2.06%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.33mg (1.65%), Folate: 4.77µg (1.19%)