



Waffle Ice Cream Sundaes

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



315 kcal

DESSERT

Ingredients

- 0.3 cup sugar
- 0.7 cup milk
- 1 eggs
- 2 tablespoons canola oil
- 1 teaspoon vanilla
- 6 oz semi chocolate chips
- 1 tablespoon coconut oil
- 1 serving whipped cream

- 1 serving sprinkles chopped
- 1.5 cups frangelico

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- microwave
- measuring cup
- waffle iron

Directions

- Heat waffle maker according to manufacturers' instructions. Line cookie sheet with cooking parchment paper.
- In medium bowl, stir together Bisquick mix and sugar. In 1-cup glass measuring cup, beat milk and egg with small whisk until well combined. Beat in canola oil and vanilla.
- Spray waffle maker lightly with canola or olive oil cooking spray. Scoop about 1/4 cup batter into center of each waffle maker section; close lid.
- Bake until done (many waffle makers have a light or beep to alert you). Repeat with remaining batter. Cool waffles to room temperature.
- Place waffles on cookie sheet; freeze 15 to 30 minutes or until waffles and cookie sheet are cold.
- Meanwhile, in medium microwavable bowl, microwave chocolate chips on High 30 seconds. Stir; repeat in 10-second increments until chocolate is melted. Stir in coconut oil.
- Place candy sprinkles and other desired toppings in shallow bowls or dishes.
- Remove waffles from freezer. Dip each in chocolate; shake off excess. Dip or sprinkle with toppings; return to cold cookie sheet. Before coating hardens completely, move dipped waffle to sheet of cooking parchment paper or another spot to prevent pooling. Repeat with remaining waffles.

If necessary, place waffles in freezer to speed up hardening of chocolate. Once chocolate is hard, generously scoop ice cream on 1 waffle; top with second waffle to form sandwich.

Serve immediately, or wrap and freeze for serving later.

Nutrition Facts

PROTEIN 4.96% **FAT 58.8%** **CARBS 36.24%**

Properties

Glycemic Index:31.85, Glycemic Load:7.84, Inflammation Score:-3, Nutrition Score:6.6573913233436%

Nutrients (% of daily need)

Calories: 315.41kcal (15.77%), Fat: 20.73g (31.89%), Saturated Fat: 10.07g (62.97%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 26.4g (9.6%), Sugar: 23.99g (26.65%), Cholesterol: 37.07mg (12.36%), Sodium: 32.49mg (1.41%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.93g (7.87%), Manganese: 0.38mg (19.08%), Copper: 0.36mg (18.15%), Magnesium: 55.65mg (13.91%), Phosphorus: 127.2mg (12.72%), Iron: 1.94mg (10.76%), Fiber: 2.35g (9.38%), Selenium: 5.4µg (7.71%), Vitamin E: 1.11mg (7.4%), Calcium: 69.29mg (6.93%), Zinc: 1.03mg (6.9%), Potassium: 234.57mg (6.7%), Vitamin B2: 0.11mg (6.67%), Vitamin K: 5.52µg (5.26%), Vitamin B12: 0.31µg (5.09%), Vitamin B5: 0.36mg (3.63%), Vitamin D: 0.47µg (3.11%), Vitamin A: 144IU (2.88%), Vitamin B6: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.12%), Vitamin B3: 0.29mg (1.44%)