



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Super Sundae ^{♦♦}

A delicious sundae made with Hershey's Chocolate Sauce.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g	hershey's chocolate sauce
400 g	ice cream
50 g	whipped cream
20 g	maraschino cherries

Directions

Step 1

Scoop the ice cream into serving bowls.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Drizzle Hershey's Chocolate Sauce over the ice cream.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Top with whipped cream and maraschino cherries.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 6 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Wedding

New Year

Back to School

Picnic

Course

Desserts

Sauces & Dressings

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diet

Weight Watchers (WW) Diet

Zone Diet

Vegan Diet

The Ulcerative Colitis Diet

The GERD Diet (Gastroesophageal Reflux Disease)

The High-Iron Diet

The Winter Warming Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet

Meal Type

Snack

Difficulty Level

Easy

Visit our website: healthdor.com