



Healthdor

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## Kids Sundae

A delicious sundae recipe designed specifically for kids. It is a sweet treat that kids will love to enjoy on a hot summer day.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

200 g	Vanilla Ice Cream
50 g	chocolate syrup
50 g	whipped cream
20 g	sprinkles
20 g	maraschino cherries

## Directions

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### Step 1

Scoop the vanilla ice cream into bowls.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Drizzle chocolate syrup over the ice cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Top with whipped cream, sprinkles, and a maraschino cherry.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 g

**Protein: 3 g**

**Carbohydrates: 35 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	1 g	2.63%	4%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 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	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Appetizers

Desserts

Drinks

Breads

Snacks

### Cost

Under \$10

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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