



Healthdor

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Premium Oreo Layered Sundae ♦

A decadent and indulgent dessert featuring layers of Oreo cookies, creamy ice cream, and rich chocolate sauce. Perfect for satisfying your sweet tooth!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	oreo cookies
300 g	Vanilla Ice Cream
100 g	chocolate sauce

Directions

Step 1

Crush the Oreo cookies into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Layer the crushed Oreo cookies at the bottom of serving glasses.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Scoop vanilla ice cream on top of the Oreo cookie layer.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Drizzle chocolate sauce over the ice cream layer.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Repeat the layers until the glasses are filled.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

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%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Course

Desserts

Snacks

Drinks

Breads

Salads

Soups

Sauces & Dressings

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Events

Picnic

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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