



Healthdor

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## Oreo Sundae ♦

A delicious and indulgent dessert made with Oreo cookies, ice cream, and chocolate sauce. Perfect for satisfying your sweet tooth!

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	oreo cookies
100 g	ice cream
50 g	chocolate sauce

### Directions

## Step 1

Crush the Oreo cookies into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Scoop the ice cream into serving bowls.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Sprinkle the crushed Oreo cookies over the ice cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Drizzle chocolate sauce over the top.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 20 g

**Protein:** 5 g

**Carbohydrates:** 70 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	70 g	127.27%	140%
Fibers	2 g	5.26%	8%
Sugars	40 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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas

### Course

Desserts

Sauces & Dressings

### Cost

Over \$50

### Demographics

Senior Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

The Whole30 Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

### Meal Type

Brunch

Lunch

Snack

### Difficulty Level

Easy

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