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Hot Caramel Sundae ♦♦

The Hot Caramel Sundae is a classic dessert that is perfect for any occasion. It is made with rich and creamy caramel sauce, vanilla ice cream, and topped with whipped cream and a cherry. This indulgent treat is sure to satisfy your sweet tooth!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	caramel sauce
100 g	Vanilla Ice Cream
50 g	whipped cream
10 g	Cherry

Directions

Step 1

Scoop the vanilla ice cream into a bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Drizzle the caramel sauce over the ice cream.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Top with whipped cream and a cherry.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serve 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	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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
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	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Course

Desserts Drinks

Meal Type

Snack Supper

Difficulty Level

Easy

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