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All-You-Can-Eat Sundae Bar ♦♦

The All-You-Can-Eat Sundae Bar is a delightful dessert experience where guests can create their own customized sundaes. It is perfect for parties, gatherings, and special occasions. The sundae bar offers a wide variety of toppings and sauces to choose from, allowing everyone to enjoy their favorite combination of flavors. Whether you prefer classic toppings like chocolate syrup and whipped cream or unique options like crushed cookies and fresh fruits, the All-You-Can-Eat Sundae Bar has something for everyone.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

1000 g	Vanilla Ice Cream
200 g	chocolate syrup
200 g	caramel sauce

200 g	whipped cream
100 g	sprinkles
100 g	chopped nuts
500 g	fresh fruits (strawberries, bananas, etc.)
200 g	crushed cookies

Directions

Step 1

Set up a table with all the toppings and sauces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Scoop vanilla ice cream into bowls or cones.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Let guests choose their desired toppings and sauces to create their own sundaes.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 5 g

Carbohydrates: 32 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	32 g	58.18%	64%
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	3 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	3 mcg	20%	20%

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	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Easter Birthday Halloween Valentine's Day New Year
Anniversary Back to School Barbecue Picnic Game Day

Cuisines

Italian Chinese Mexican

Course

Desserts

Cultural

Chinese New Year Diwali Halloween

Cost

Under \$10

Demographics

Kids Friendly

Meal Type

Brunch Lunch Snack Supper

Difficulty Level

Easy

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