



Healthdor

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## Sundae Apple ••

A delicious apple dessert inspired by the classic sundae. The apple is filled with a sweet and creamy filling, topped with caramel sauce, whipped cream, and sprinkles. It's a fun and tasty treat for any occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

800 g	Apple
200 g	cream cheese
100 g	Sugar
100 g	caramel sauce
200 g	whipped cream

50 g sprinkles

## Directions

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### Step 1

#### Cutting

Cut the top off the apple and hollow out the center, removing the core and seeds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a bowl, mix together cream cheese and sugar until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Filling

Fill the hollowed-out apple with the cream cheese mixture.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

### Drizzling

Drizzle caramel sauce over the top of the filled apple.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

### Topping

Top with whipped cream and sprinkles.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 4 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	20 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	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	8 mg	8.89%	10.67%
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	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	4 mg	50%	22.22%
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

Birthday

Baby Shower

Barbecue

Picnic

## Cuisines

Chinese

Middle Eastern

## Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

## Course

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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