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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**

#### Step 1



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

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2



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

Prep Time: 5 mins

Cook Time: 0 mins

## Step 3



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

Prep Time: 2 mins

Cook Time: 0 mins

## 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%

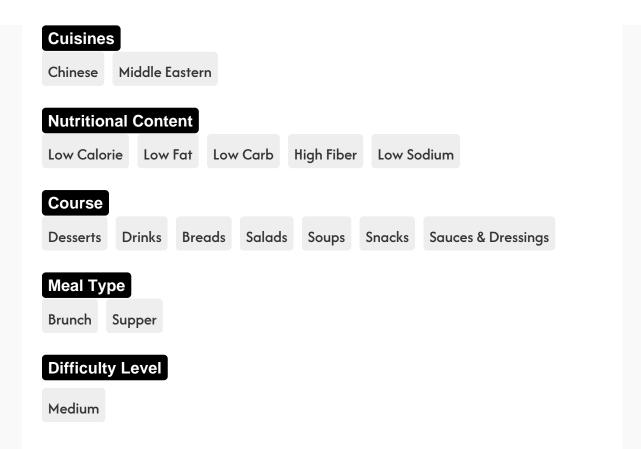
#### **Minerals**

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



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