



Healthdor

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## Hot Fudge Cake Sundae ♦♦

Hot Fudge Cake Sundae is a classic dessert that consists of a warm chocolate cake topped with hot fudge sauce, vanilla ice cream, whipped cream, and a cherry on top. It is a decadent and indulgent treat that is perfect for any occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

<b>200 g</b>	chocolate cake mix
<b>150 g</b>	hot fudge sauce
<b>250 g</b>	vanilla ice cream
<b>100 g</b>	whipped cream
<b>10 g</b>	Cherry

# Directions

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## Step 1

Baking

Prepare the chocolate cake mix according to the package instructions.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 2

Cutting

Allow the cake to cool slightly, then cut it into individual servings.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Place a serving of warm cake on a plate, top with hot fudge sauce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Add a scoop of vanilla ice cream on top of the fudge sauce.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Garnish with whipped cream and a cherry.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 5 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	2 g	5.26%	8%
Sugars	35 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	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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%
Zinc	4 mg	36.36%	50%
Selenium	4 mcg	7.27%	7.27%

## Recipe Attributes

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Valentine's Day

New Year

Anniversary

Back to School

Barbecue

Picnic

### Cuisines

Italian

Chinese

Mexican

French

Japanese

Mediterranean

American

## Course

Desserts

Drinks

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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