



Healthdor

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Uno Deep Dish Sundae ♦♦

The Uno Deep Dish Sundae is a decadent dessert that originated from Uno Pizzeria & Grill. It features a warm, gooey deep dish cookie topped with a scoop of vanilla ice cream, drizzled with chocolate sauce, and sprinkled with chopped nuts. It's the perfect combination of warm and cold, sweet and crunchy.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 6

Serving Size: 50 g

Ingredients

200 g	cookie dough
300 g	vanilla ice cream
100 g	chocolate sauce
50 g	chopped nuts

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Press the cookie dough into a greased deep dish pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Oven

Bake the cookie dough for 15 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Remove the cookie from the oven and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Place a scoop of vanilla ice cream on top of the warm cookie.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Drizzle chocolate sauce over the ice cream.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Sprinkle chopped nuts on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 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	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)
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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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Thanksgiving New Year Back to School Picnic
Game Day

Course

Snacks Desserts Drinks Breads

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Lactation Friendly

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet
Lacto-Vegetarian Diet

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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