



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Happy Camper Waffle Cone Sundae

The Happy Camper Waffle Cone Sundae is a delightful dessert that brings the joy of camping to your taste buds. This sweet treat is made with a crispy waffle cone filled with creamy ice cream, topped with a variety of delicious toppings, and finished off with a drizzle of chocolate sauce. It's the perfect dessert to enjoy around a campfire or on a sunny day in the backyard.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 150 grams

**Number of Servings:** 1

**Serving Size:** 150 g

### Ingredients

<b>1</b>	waffle cone
<b>pieces</b>	
<b>100 g</b>	ice cream
<b>2 tbsp</b>	chocolate sauce

<b>2 tbsp</b>	whipped cream
<b>1 tsp</b>	sprinkles
<b>1</b>	cherries
<b>pieces</b>	

## Directions

---

### Step 1

Scoop the ice cream into the waffle cone.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Drizzle the chocolate sauce over the ice cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

### Step 3

Top with whipped cream, sprinkles, and a cherry.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 60 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	60 g	109.09%	120%
Fibers	2 g	5.26%	8%
Sugars	40 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 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	6 mcg	250%	250%
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	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	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Course

Snacks Desserts

### Meal Type

Snack

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)