



After-Dinner Coffee Cake

READY IN



45 min.

SERVINGS



10

CALORIES



376 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 quart latte ice cream low-fat low fat divided (such as Starbucks Latte Ice Cream)
- ☐ 2 tablespoons coffee granules instant
- ☐ 3 tablespoons kahlua divided
- ☐ 24 cream-filled wafer cookies with cream filling)
- ☐ 2 cups non-dairy whipped topping fat-free frozen

Equipment

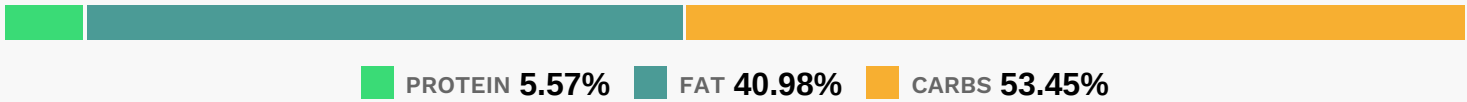
- ☐ frying pan
- ☐ blender

- ☐ plastic wrap
- ☐ loaf pan
- ☐ wax paper

Directions

- ☐ Fold a 12-inch long strip of wax paper in half lengthwise. Coat an 8- inch loaf pan with cooking spray; place wax paper in pan, allowing long ends to extend over the long sides of the pan.
- ☐ Arrange 12 cookies in prepared pan.
- ☐ Drizzle 1 1/2 tablespoons Kahla over cookies; set aside.
- ☐ Beat 2 cups ice cream at high speed of a mixer 10 seconds or until smooth and softened.
- ☐ Spread ice cream evenly over Kahla-soaked cookies. Freeze 20 minutes.
- ☐ Repeat layering procedure with cookies, Kahla, and remaining ice cream. Cover with plastic wrap, and freeze 8 to 24 hours.
- ☐ Discard plastic wrap. Invert cake onto serving platter; remove wax paper. Freeze until ready to frost.
- ☐ Fold instant coffee granules into whipped topping; spread mixture over top and sides of cake.
- ☐ Cut cake into 3/4-inch slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.22, Inflammation Score:-4, Nutrition Score:6.4813043216%

Nutrients (% of daily need)

Calories: 376.31kcal (18.82%), Fat: 16.94g (26.06%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 48.55g (17.66%), Sugar: 35.89g (39.87%), Cholesterol: 44.04mg (14.68%), Sodium: 198.98mg (8.65%), Alcohol: 0.98g (100%), Alcohol %: 0.86% (100%), Caffeine: 31.4mg (10.47%), Protein: 5.18g (10.37%), Vitamin B2: 0.39mg (22.98%), Calcium: 146.52mg (14.65%), Phosphorus: 134.2mg (13.42%), Vitamin B12: 0.59µg (9.85%), Vitamin B1: 0.14mg (9.08%), Vitamin A: 424.66IU (8.49%), Potassium: 266.13mg (7.6%), Vitamin B5: 0.66mg (6.64%), Vitamin B3: 1.22mg (6.11%), Zinc: 0.82mg (5.45%), Manganese: 0.11mg (5.44%), Magnesium: 21.75mg (5.44%), Folate: 21.68µg (5.42%), Vitamin E: 0.76mg (5.05%), Fiber: 1.15g (4.62%), Selenium: 3.14µg (4.49%), Iron: 0.77mg (4.28%), Vitamin B6: 0.07mg (3.47%), Copper: 0.06mg (2.94%), Vitamin K: 1.79µg (1.7%), Vitamin D:

0.19μg (1.26%)