



Almond-Crunch Ice Cream Cake

READY IN



45 min.

SERVINGS



10

CALORIES



820 kcal

DESSERT

Ingredients

- 0.7 cup blanched almonds and whole
- 0.7 cup cake flour (not self-rising)
- 1 tablespoon butter unsalted for pans
- 6 large eggs separated
- 1 inch kosher salt
- 1 cup granulated sugar
- 2 teaspoons vanilla extract pure
- 1 cup blanched almonds and sliced
- 6 tablespoons granulated sugar

- 0.5 cup granulated sugar
- 2 tablespoons amaretto
- 0.5 teaspoon almond extract pure
- 4 pints whipped cream softened
- 0.8 cup cup heavy whipping cream cold
- 2 tablespoons powdered sugar

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- blender
- springform pan
- offset spatula
- serrated knife

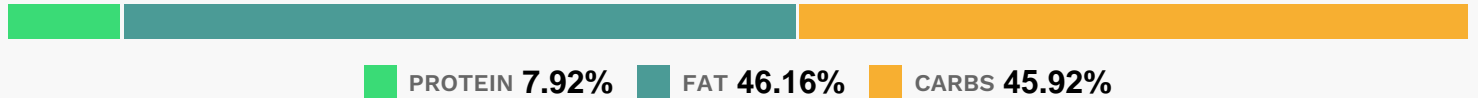
Directions

- Preheat oven to 300 degrees with rack in center.
- Spread whole almonds in a single layer on a rimmed baking sheet; bake until golden, about 12 to 15 minutes.
- Transfer sheet to a wire rack; let cool completely.
- Pulse whole almonds and cake flour in a food processor until finely ground, about 30 seconds.
- Butter two 7-inch round cake pans. Line pans with parchment; butter parchment.

- In the bowl of a mixer fitted with the whisk attachment, beat together egg whites and salt on medium speed until soft peaks form. Increase speed to high and gradually add 1/2 cup sugar, beating until stiff and glossy, about 4 minutes.
- Transfer to a bowl.
- Clean mixer bowl and return to mixer fitted with the whisk attachment; beat together egg yolks and vanilla. With mixer on high speed, gradually add remaining 1/2 cup sugar, beating until pale and thick, about 5 minutes.
- Fold egg-white mixture into egg-yolk mixture. In three additions, fold in almond mixture. Divide batter evenly between prepared pans, smoothing tops with an offset spatula.
- Bake until a tester inserted in centers comes out clean, 18 to 20 minutes.
- Transfer pans to a wire rack; let cool completely. Turn out cakes and wrap in plastic until ready to use.
- Increase oven temperature to 325 degrees. In a medium bowl, toss together sliced almonds, granulated sugar, and 2 tablespoons water.
- Spread almond mixture evenly on a parchment-lined baking sheet.
- Bake until golden, about 25 minutes.
- Transfer sheet to a wire rack; let cool completely.
- Bring granulated sugar and 1/3 cup water to a boil in a small saucepan over medium heat, stirring occasionally. When sugar has dissolved, remove from heat; add amaretto, if using, and almond extract.
- Let cool completely.
- Using a serrated knife, split each cake horizontally into two equal layers.
- Cut three 24-by-6-inch strips of parchment.
- Place strips on top of one another and use to line the sides of a 7-inch springform pan. Generously brush tops of cake layers with syrup.
- Place a cake layer in prepared pan.
- In the chilled bowl of a mixer fitted with the paddle attachment, beat ice cream on medium-low speed until spreadable, about 2 minutes.
- Spread about 2 cups ice cream over first cake layer. Crumble 1/2 cup almond crunch over ice cream. Top with a second cake layer; transfer to freezer until firm, about 20 minutes. Repeat, spreading 2 cups ice cream and 1/2 cup almond crunch between each layer. Finish with a cake layer. Freeze 1 hour.

- Just before serving, whisk cream and confectioners' sugar to medium peaks in a chilled bowl.
- Remove cake from freezer and release sides of pan.
- Transfer cake to a serving platter. Tuck parchment strips under perimeter of cake. Frost top and sides of cake with whipped cream; remove parchment strips.
- Garnish top with remaining almond crunch; serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:56.32, Inflammation Score:-7, Nutrition Score:17.478260942127%

Nutrients (% of daily need)

Calories: 819.98kcal (41%), Fat: 42.46g (65.32%), Saturated Fat: 19.46g (121.64%), Carbohydrates: 95.07g (31.69%), Net Carbohydrates: 91.48g (33.26%), Sugar: 81.53g (90.59%), Cholesterol: 218.06mg (72.69%), Sodium: 207.72mg (9.03%), Alcohol: 1.12g (100%), Alcohol %: 0.46% (100%), Protein: 16.38g (32.77%), Vitamin B2: 0.79mg (46.31%), Vitamin E: 6.06mg (40.41%), Phosphorus: 377.35mg (37.74%), Calcium: 322.13mg (32.21%), Vitamin A: 1257.83IU (25.16%), Selenium: 17.38µg (24.83%), Manganese: 0.48mg (23.82%), Magnesium: 89.5mg (22.38%), Vitamin B12: 1.04µg (17.27%), Vitamin B5: 1.71mg (17.09%), Potassium: 584.12mg (16.69%), Zinc: 2.43mg (16.22%), Copper: 0.3mg (15.05%), Fiber: 3.59g (14.35%), Vitamin B1: 0.14mg (9.33%), Folate: 37.28µg (9.32%), Vitamin B6: 0.18mg (8.77%), Vitamin D: 1.29µg (8.57%), Iron: 1.49mg (8.3%), Vitamin B3: 1.08mg (5.38%), Vitamin C: 1.24mg (1.51%), Vitamin K: 1.35µg (1.29%)