



Brownie Ice Cream Cake

 Dairy Free

READY IN



235 min.

SERVINGS



16

CALORIES



365 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 8 cups whipped cream softened
- 1 cup topping hot warmed
- 2 tablespoons sprinkles
- 16 maraschino cherries red with stems, drained

Equipment

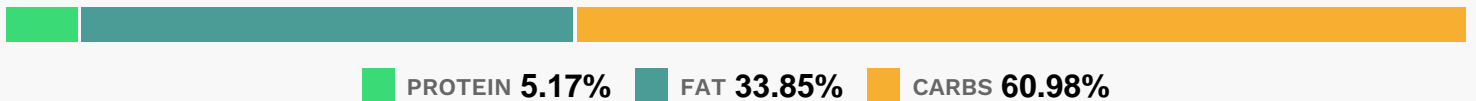
- frying pan

- oven
- toothpicks
- aluminum foil

Directions

- Heat oven to 350°F. Line 2 (9-inch) round cake pans with foil; grease bottoms only with shortening or cooking spray.
- Make brownie batter directed on box. Divide batter evenly between pans.
- Bake 19 to 22 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely in pans, about 1 hour. Do not remove from pans.
- Spread slightly softened ice cream evenly on brownies in pans. Freeze at least 2 hours or until ice cream is firm.
- Remove desserts from pans; remove foil.
- Place on serving plates.
- Cut each dessert into 8 wedges.
- Drizzle each wedge with hot fudge topping. Decorate with candy sprinkles and cherries. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:4.0665217378865%

Nutrients (% of daily need)

Calories: 364.96kcal (18.25%), Fat: 13.76g (21.17%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 54.61g (19.86%), Sugar: 39.49g (43.88%), Cholesterol: 29.23mg (9.74%), Sodium: 211.82mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin B2: 0.18mg (10.33%), Calcium: 96.49mg (9.65%), Phosphorus: 87.88mg (8.79%), Iron: 1.22mg (6.8%), Vitamin A: 280.49IU (5.61%), Potassium: 186.35mg (5.32%), Vitamin E: 0.77mg (5.15%), Magnesium: 18.56mg (4.64%), Fiber: 1.15g (4.62%), Vitamin B12: 0.27µg (4.48%), Copper: 0.09mg (4.42%), Zinc: 0.63mg (4.17%), Vitamin B5: 0.41mg (4.09%), Manganese: 0.08mg (3.82%), Selenium: 1.63µg (2.34%), Vitamin K: 2.36µg (2.24%), Vitamin B1: 0.03mg (2.23%), Vitamin B6: 0.04mg (1.79%), Folate: 4.06µg (1.01%)