



Brownie Ice Cream Cake

 Dairy Free

READY IN



235 min.

SERVINGS



16

CALORIES



485 kcal

DESSERT

Ingredients

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

Equipment

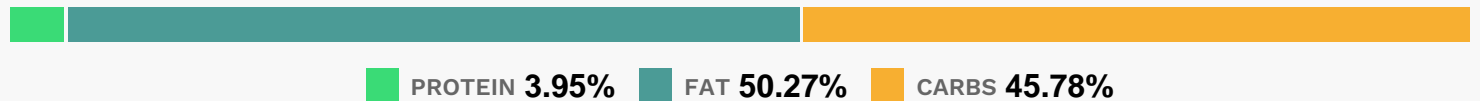
- frying pan

- oven
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F. 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:5.4047825984333%

Nutrients (% of daily need)

Calories: 484.98kcal (24.25%), Fat: 27.25g (41.92%), Saturated Fat: 8.47g (52.96%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 54.65g (19.87%), Sugar: 39.51g (43.9%), Cholesterol: 29.51mg (9.84%), Sodium: 213.07mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Vitamin K: 26.49µg (25.23%), Vitamin E: 1.85mg (12.3%), Vitamin B2: 0.18mg (10.33%), Calcium: 98.63mg (9.86%), Phosphorus: 87.88mg (8.79%), Iron: 1.25mg (6.94%), Vitamin A: 284.63IU (5.69%), Potassium: 186.35mg (5.32%), Fiber: 1.2g (4.82%), Magnesium: 18.56mg (4.64%), 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 B1: 0.03mg (2.23%), Vitamin B6: 0.04mg (1.79%), Folate: 4.06µg (1.01%)