



Brownie Ice Cream Torte

 Dairy Free

READY IN



205 min.

SERVINGS



16

CALORIES



401 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 0.5 gallon whipped cream softened
- 16 maraschino cherries red with stems, drained
- 2 tablespoons frangelico

Equipment

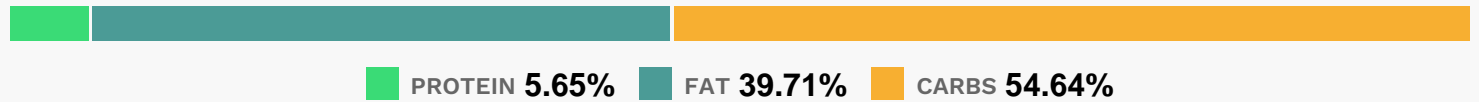
- frying pan
- oven

- toothpicks
- aluminum foil

Directions

- Heat oven to 350°F. Line 2 (9-inch) round cake pans with foil; grease bottoms only of foil with shortening or cooking spray.
- Make brownie batter as 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 until ice cream is firm.
- Remove desserts from pans; remove foil.
- Place on serving plates.
- Cut each dessert into 8 wedges. Decorate with candy sprinkles and cherries. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:16.52, Inflammation Score:-3, Nutrition Score:5.0452174388844%

Nutrients (% of daily need)

Calories: 401.42kcal (20.07%), Fat: 17.75g (27.31%), Saturated Fat: 9g (56.24%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 53.99g (19.63%), Sugar: 42.83g (47.59%), Cholesterol: 52.05mg (17.35%), Sodium: 187.91mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin B2: 0.28mg (16.7%), Calcium: 154.12mg (15.41%), Phosphorus: 124.36mg (12.44%), Vitamin A: 500.27IU (10.01%), Vitamin B12: 0.46µg (7.69%), Vitamin B5: 0.69mg (6.9%), Potassium: 236.46mg (6.76%), Iron: 1.02mg (5.69%), Zinc: 0.83mg (5.53%), Magnesium: 16.76mg (4.19%), Fiber: 0.99g (3.95%), Vitamin B1: 0.05mg (3.23%), Selenium: 2.14µg (3.06%), Vitamin E: 0.43mg (2.86%), Vitamin B6: 0.06mg (2.85%), Vitamin K: 2.04µg (1.94%), Copper: 0.03mg (1.72%), Vitamin D: 0.24µg (1.58%), Folate: 5.91µg (1.48%)