



Chocolate-Brickle Ice-cream Cupcakes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



467 kcal

Ingredients

- ☐ 7.5 ounce almond brickle chips divided
- ☐ 2 pints chocolate mocha-fudge ice cream softened
- ☐ 11.5 ounce fudge sauce hot
- ☐ 0.5 cup pecans toasted chopped
- ☐ 12 ounce round cake
- ☐ 8 ounce non-dairy whipped topping frozen thawed

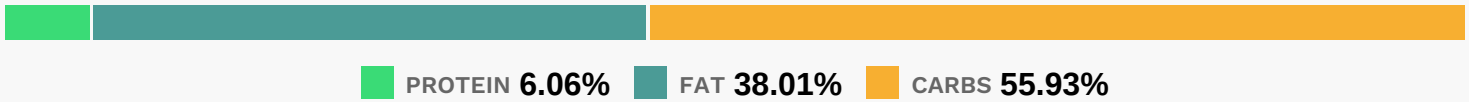
Equipment

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Cut cake in half horizontally.
- ☐ Cut each cake half into 6 (2-inch) circles, using a 2-inch round cutter. Reserve remaining cake for another use.
- ☐ Place 12 foil baking cups into muffin pans; place 1 cake round in each cup.
- ☐ Stir 1/2 cup almond brickle chips and toasted pecans into ice cream. Freeze 1 hour or until almost firm.
- ☐ Spoon ice cream evenly over each cake round, filling to top of baking cup and mounding slightly. Dollop evenly with whipped topping. Freeze 8 hours or until firm.
- ☐ Microwave fudge sauce at HIGH 30 seconds; drizzle over cupcakes, and sprinkle with remaining almond brickle chips just before serving.
- ☐ NOTE: For testing purposes only, we used
- ☐ Heath Bits O'Brickle for almond brickle chips; you can find them near the chocolate morsels in your local supermarket.

Nutrition Facts



Properties

Glycemic Index:10.36, Glycemic Load:13.59, Inflammation Score:-4, Nutrition Score:9.4904347709987%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 467.43kcal (23.37%), Fat: 20.25g (31.16%), Saturated Fat: 9.89g (61.83%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 63.97g (23.26%), Sugar: 44.53g (49.48%), Cholesterol: 56.38mg (18.79%), Sodium: 430.98mg (18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.27mg (1.42%), Protein: 7.26g (14.52%), Manganese: 0.52mg (25.77%), Phosphorus: 189.78mg (18.98%), Vitamin B2: 0.28mg (16.61%), Copper: 0.28mg

(14.03%), Calcium: 137.31mg (13.73%), Iron: 2.23mg (12.36%), Fiber: 3.08g (12.33%), Magnesium: 49.04mg (12.26%), Potassium: 415.49mg (11.87%), Vitamin B1: 0.16mg (10.54%), Selenium: 5.89µg (8.42%), Folate: 32.49µg (8.12%), Vitamin E: 1.18mg (7.85%), Vitamin A: 388.8IU (7.78%), Vitamin B5: 0.74mg (7.4%), Zinc: 1.11mg (7.4%), Vitamin B3: 1.26mg (6.31%), Vitamin B12: 0.35µg (5.85%), Vitamin B6: 0.11mg (5.44%), Vitamin C: 1.77mg (2.15%), Vitamin K: 1.74µg (1.65%), Vitamin D: 0.21µg (1.43%)