



Chocolate-Cherry, Pistachio, and Raspberry Ice Cream Cake

READY IN



45 min.

SERVINGS



8

CALORIES



852 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted
- ☐ 5.5 ounce amaretti cookies
- ☐ 8 servings additional amaretti cookies
- ☐ 0.5 cup cherries dried
- ☐ 1.5 pints ice-cream chocolate shell softened
- ☐ 8 servings fudge sauce hot
- ☐ 1.5 pints pistachio ice cream softened
- ☐ 3 ounce bar imported milk chocolate chopped

- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon orange peel grated
- ☐ 1.5 pints raspberry sorbet softened
- ☐ 5 tablespoons butter unsalted melted

Equipment

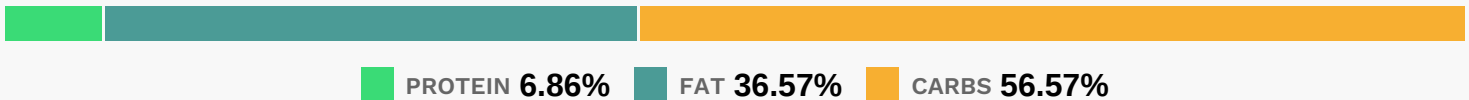
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Boil dried tart cherries and orange juice in heavy small saucepan until all liquid is absorbed, stirring often, about 8 minutes.
- ☐ Remove pan from heat; cool completely.
- ☐ Line 9x9x2-inch metal baking pan with foil, extending over sides of pan. Finely grind cookies and almonds in processor; add butter and process until moist crumbs form. Press crumbs onto bottom of foil-lined pan.
- ☐ Place in freezer.
- ☐ Mix chocolate ice cream, chopped chocolate, and cherry mixture in medium bowl. Spoon over crust; smooth top. Freeze 30 minutes. Top with raspberry sorbet; smooth top. Freeze 30 minutes.
- ☐ Mix pistachio ice cream and orange peel in another medium bowl. Spoon over sorbet; smooth top (ice cream will come all the way up to top of pan). Cover and freeze until firm, at least 4 hours or overnight.
- ☐ Using foil as aid, lift ice cream cake from pan; peel off foil. Use spatula dipped into hot water to smooth sides of cake.
- ☐ Transfer cake to platter.

- ☐ Garnish top of cake with chocolate curls or amaretti cookies dipped halfway into room-temperature Hot Fudge Sauce.
- ☐ Cut cake into squares.
- ☐ Serve with Hot Fudge Sauce.
- ☐ Soften the ice cream and sorbet in the microwave on high in two to three 10-second intervals until just soft enough to spread. *Light, airy Italian almond macaroons that are available at some supermarkets and Italian markets.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:27.98, Inflammation Score:-6, Nutrition Score:12.261304471804%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 852.31kcal (42.62%), Fat: 35.66g (54.86%), Saturated Fat: 19.23g (120.16%), Carbohydrates: 124.11g (41.37%), Net Carbohydrates: 117.54g (42.74%), Sugar: 102.97g (114.41%), Cholesterol: 88.02mg (29.34%), Sodium: 342.77mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 15.05g (30.09%), Vitamin B2: 0.47mg (27.86%), Fiber: 6.57g (26.27%), Phosphorus: 232.88mg (23.29%), Calcium: 231.46mg (23.15%), Vitamin A: 1000.99IU (20.02%), Magnesium: 65.7mg (16.43%), Manganese: 0.3mg (14.91%), Potassium: 517.73mg (14.79%), Copper: 0.26mg (13.24%), Vitamin E: 1.95mg (12.98%), Vitamin C: 10.53mg (12.76%), Iron: 2.07mg (11.5%), Vitamin B5: 1.1mg (10.97%), Vitamin B12: 0.62µg (10.31%), Zinc: 1.46mg (9.72%), Vitamin B1: 0.1mg (6.86%), Folate: 26.44µg (6.61%), Selenium: 4.43µg (6.33%), Vitamin B6: 0.11mg (5.71%), Vitamin D: 0.49µg (3.24%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 2.04µg (1.94%)