



Chocolate, Hazelnut, and Vanilla Ice Cream Cake



Gluten Free



Low Fod Map

READY IN



70 min.

SERVINGS



12

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup half-and-half fat-free
- ☐ 1.3 cups hazelnuts divided chopped
- ☐ 4 cups ice-cream chocolate shell light divided softened
- ☐ 2 cups whipped cream light softened
- ☐ 1 Dash salt
- ☐ 4 ounces bittersweet chocolate chopped

☐ 0.5 teaspoon vanilla extract pure

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ oven

☐ plastic wrap

☐ loaf pan

☐ cutting board

☐ serrated knife

Directions

☐ Preheat oven to 35

☐ Place hazelnuts on a large baking sheet; toast until golden brown and fragrant (6–8 minutes).

☐ Place 3/4 cup hazelnuts in a food processor; process until nuts turn into a paste (3–5 minutes), scraping down sides of bowl occasionally.

☐ Add chocolate; process until finely ground or melted (about 1 minute). Leave mixture in processor.

☐ Add half-and-half, sugar, and salt to a small saucepan.

☐ Heat over medium; bring just to a boil, stirring to dissolve sugar. With the motor running on the processor, pour cream mixture through the feed tube; process until mixture is very smooth (3–4 minutes), scraping down sides of bowl occasionally.

☐ Transfer hazelnut mixture to a bowl; add vanilla.

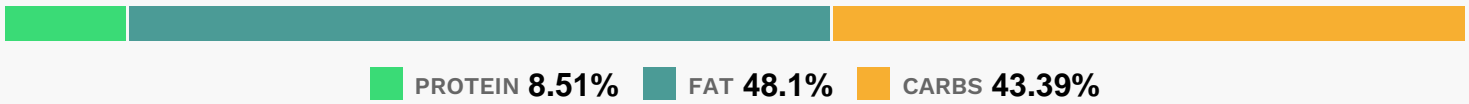
☐ Let cool to room temperature; tightly cover and refrigerate until ready to use.

☐ Line a 9- x 5-inch loaf pan with 2 sheets of plastic wrap that overlap, leaving enough overlap on ends to make unmolding easy.

☐ Spread 2 cups chocolate ice cream evenly in pan, making sure to pack it into corners.

- ☐
- Spread evenly with 1/2 cup reserved hazelnut spread; freeze 15 minutes. Top with a smooth layer of vanilla ice cream and another 1/2 cup hazelnut spread; freeze 15 minutes.
- ☐
- Spread remaining 2 cups chocolate ice cream in pan; top with remaining 1/2 cup hazelnut spread. Press remaining 1/2 cup hazelnuts into top of cake; fold plastic wrap over to cover. Freeze until firm (at least 4 hours).
- ☐
- Lift cake from pan with plastic wrap; transfer to a cutting board.
- ☐
- Cut cake into slices with a serrated knife dipped into hot water; wipe dry after each cut.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:9.2778261537137%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 297.26kcal (14.86%), Fat: 16.22g (24.96%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.49g (11.09%), Sugar: 27.08g (30.09%), Cholesterol: 22.09mg (7.36%), Sodium: 70.03mg (3.04%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Caffeine: 9.14mg (3.05%), Protein: 6.46g (12.92%), Manganese: 0.95mg (47.65%), Copper: 0.39mg (19.66%), Calcium: 154.72mg (15.47%), Phosphorus: 144.01mg (14.4%), Vitamin E: 2.07mg (13.78%), Magnesium: 52.69mg (13.17%), Vitamin B2: 0.17mg (10.13%), Fiber: 2.45g (9.8%), Iron: 1.62mg (8.97%), Potassium: 304.01mg (8.69%), Vitamin B1: 0.11mg (7.6%), Zinc: 1.04mg (6.94%), Vitamin A: 340.28IU (6.81%), Vitamin B6: 0.1mg (5.23%), Folate: 18.11µg (4.53%), Vitamin B5: 0.44mg (4.41%), Selenium: 3.06µg (4.36%), Vitamin B12: 0.26µg (4.3%), Vitamin K: 2.88µg (2.74%), Vitamin C: 1.77mg (2.14%), Vitamin B3: 0.42mg (2.1%)