



Chocolate Icebox Cake

READY IN



45 min.

SERVINGS



20

CALORIES



121 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons confectioners' sugar
- ☐ 2 egg whites
- ☐ 2 egg yolks beaten
- ☐ 1 ounce german chocolate sweet chopped
- ☐ 1 cup heavy whipping cream
- ☐ 12 ounce ladyfingers
- ☐ 3 tablespoons water

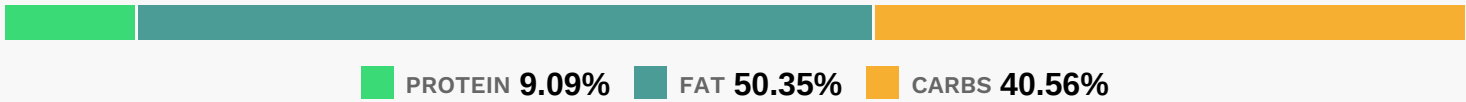
Equipment

- ☐ frying pan
- ☐ double boiler
- ☐ loaf pan

Directions

- ☐ Line two 8 x 4 x 3 inch loaf pans with waxed paper.
- ☐ Beat the egg whites until stiff. Beat the whipping cream until soft peaks form.
- ☐ Melt chocolate in a double boiler. Blend in water.
- ☐ Remove from heat, and add egg yolks; beat vigorously until smooth.
- ☐ Add sugar, and mix well. Fold whipped cream into chocolate mixture. Fold in stiffly beaten egg whites.
- ☐ Separate ladyfingers. Line bottom of each pan with single ladyfingers.
- ☐ Cut remaining ladyfingers in half crosswise, and use to line the sides of the pans. Fill with chocolate mixture. Chill 12 to 24 hours. Unmold.
- ☐ Serve with additional whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.3517391098582%

Nutrients (% of daily need)

Calories: 121.05kcal (6.05%), Fat: 6.78g (10.43%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 12.11g (4.4%), Sugar: 1.87g (2.07%), Cholesterol: 70.48mg (23.49%), Sodium: 34.19mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin B2: 0.12mg (6.94%), Vitamin A: 295.46IU (5.91%), Phosphorus: 43.8mg (4.38%), Iron: 0.78mg (4.35%), Folate: 16.32µg (4.08%), Vitamin B1: 0.05mg (3.6%), Vitamin B12: 0.18µg (3.07%), Selenium: 1.97µg (2.81%), Vitamin B5: 0.28mg (2.8%), Manganese: 0.04mg (2.11%), Vitamin D: 0.29µg (1.92%), Vitamin B3: 0.37mg (1.85%), Calcium: 18.46mg (1.85%), Zinc: 0.27mg (1.77%), Vitamin B6: 0.03mg (1.57%), Potassium: 37.39mg (1.07%), Vitamin E: 0.16mg (1.04%)