



Chocolate Icebox Cake With Raspberry Sauce

READY IN



25 min.

SERVINGS



10

CALORIES



299 kcal

DESSERT

Ingredients

- ☐ 42 chocolate wafers (from 2 packages)
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 pint cup heavy whipping cream sour reduced-fat
- ☐ 1.3 cups powdered sugar divided
- ☐ 18 ounce raspberries fresh divided
- ☐ 0.1 teaspoon salt divided
- ☐ 1 pint cup heavy whipping cream fat-free sour
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.5 tablespoons water

Equipment

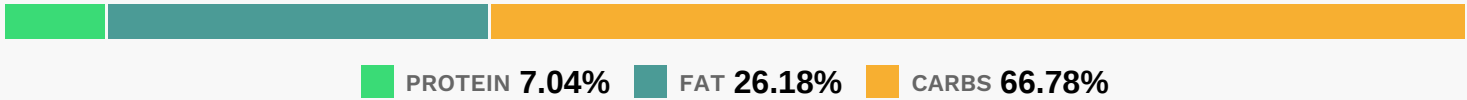
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ loaf pan
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Line a 9- x 5-inch loaf pan with 2 sheets of plastic wrap (one horizontal, and the other vertical).
- ☐ Let the edges overhang on each side by about 4 inches.
- ☐ With a whisk, combine sour cream, 1 cup sugar, vanilla, and a dash of salt in a large bowl until blended.
- ☐ Arrange a layer of about 14 overlapping chocolate wafers in 2 lines on the bottom of the loaf pan, keeping the layer as level as possible.
- ☐ Spread with 1 cup of the sour cream mixture; repeat in the same way with 2 more layers of wafers and cream, ending with cream layer. (You may have wafers left over.) Cover with plastic wrap, and refrigerate until wafers are very soft (at least 12 hours).
- ☐ Meanwhile, pulse 2 packages of berries in a food processor just until broken up.
- ☐ Add remaining 1/3 cup sugar, water, lime juice, and remaining dash of salt; pulse once or twice.
- ☐ Pour mixture through a coarse strainer; set over a bowl, pressing hard on solids to extract as much liquid as possible (you should have 1 cup). Refrigerate, tightly covered, until thoroughly chilled (about 1 hour); stir before using.
- ☐ Lift icebox cake out of pan using over-hanging plastic wrap; transfer to a large plate. (Be careful, cake will be very soft.)

- ☐
- Carefully flip cake onto a cutting board, so that the chocolate wafer layer faces up. Peel back plastic wrap. Using a sharp serrated knife, cut cake crosswise into 10 slices, wiping knife clean after each cut. Arrange each slice on a plate, and pour a small pool of raspberry sauce on each plate; garnish evenly with remaining package of raspberries.
- ☐
- Serve immediately with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:9.36, Inflammation Score:-4, Nutrition Score:8.5508695737175%

Flavonoids

Cyanidin: 23.36mg, Cyanidin: 23.36mg, Cyanidin: 23.36mg, Cyanidin: 23.36mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 299.11kcal (14.96%), Fat: 8.93g (13.73%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 51.22g (17.07%), Net Carbohydrates: 47.04g (17.11%), Sugar: 27.7g (30.78%), Cholesterol: 21.32mg (7.11%), Sodium: 282.23mg (12.27%), Alcohol: 0.21g (100%), Alcohol %: 0.14% (100%), Protein: 5.4g (10.8%), Manganese: 0.52mg (25.97%), Vitamin C: 13.95mg (16.9%), Fiber: 4.18g (16.7%), Calcium: 146.82mg (14.68%), Vitamin B2: 0.22mg (12.82%), Phosphorus: 126.72mg (12.67%), Copper: 0.18mg (8.99%), Magnesium: 34.18mg (8.55%), Potassium: 293.13mg (8.38%), Folate: 33.02µg (8.25%), Selenium: 5.61µg (8.01%), Iron: 1.41mg (7.82%), Vitamin B1: 0.11mg (7.04%), Zinc: 0.97mg (6.43%), Vitamin B12: 0.36µg (6.06%), Vitamin A: 295.98IU (5.92%), Vitamin B3: 1.1mg (5.48%), Vitamin E: 0.77mg (5.12%), Vitamin K: 4.82µg (4.59%), Vitamin B6: 0.06mg (3.01%), Vitamin B5: 0.26mg (2.65%)