



## Chocolate Malt Ice-Cream Cake

 Popular

READY IN



415 min.

SERVINGS



12

CALORIES



584 kcal

DESSERT

### Ingredients

- 1.5 cups flour all-purpose
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup water
- 0.3 cup vegetable oil
- 1 teaspoon vinegar white

- 1 teaspoon vanilla
- 1 cup topping
- 6 cups whipped cream softened
- 2 cups liquid malt extract coarsely chopped
- 1 cup whipping cream (heavy)
- 0.3 cup topping
- 1 ball liquid malt extract

## Equipment

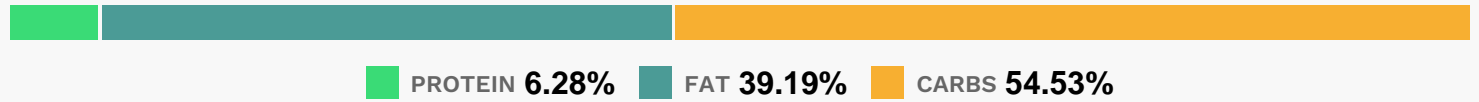
- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- springform pan

## Directions

- Heat oven to 350°F. Grease bottom and side of springform pan, 9x3 or 10x2 3/4 inches, with shortening; lightly flour. In large bowl, mix flour, sugar, cocoa, baking soda and salt.
- Add water, oil, vinegar and vanilla. Stir vigorously about 1 minute or until well blended. Immediately pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. Cool completely, about 1 hour.
- Spread 1 cup fudge topping over cake; freeze about 1 hour or until topping is firm. In large bowl, mix ice cream and coarsely chopped candies; spread over cake. Freeze about 4 hours or until ice cream is firm.
- In chilled medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form.
- Remove side of pan; place cake on serving plate. Top with whipped cream. Melt 1/4 cup fudge topping; drizzle over whipped cream.

Garnish with additional candies.

## Nutrition Facts



### Properties

Glycemic Index:21.34, Glycemic Load:29.48, Inflammation Score:-6, Nutrition Score:11.9391304721%

### Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 584.1kcal (29.21%), Fat: 25.74g (39.6%), Saturated Fat: 12.39g (77.45%), Carbohydrates: 80.56g (26.85%), Net Carbohydrates: 78.1g (28.4%), Sugar: 52.3g (58.11%), Cholesterol: 56.79mg (18.93%), Sodium: 442.41mg (19.24%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.34mg (2.11%), Protein: 9.28g (18.57%), Vitamin B2: 0.5mg (29.53%), Phosphorus: 216.46mg (21.65%), Vitamin B1: 0.27mg (18.1%), Calcium: 180.94mg (18.09%), Manganese: 0.35mg (17.49%), Selenium: 11.6µg (16.57%), Magnesium: 57.9mg (14.48%), Vitamin K: 13.98µg (13.32%), Copper: 0.26mg (13.22%), Potassium: 443.47mg (12.67%), Vitamin A: 616.9IU (12.34%), Vitamin E: 1.8mg (11.97%), Vitamin B3: 2.23mg (11.14%), Folate: 44.15µg (11.04%), Fiber: 2.45g (9.82%), Iron: 1.62mg (9.01%), Zinc: 1.21mg (8.06%), Vitamin B12: 0.48µg (7.92%), Vitamin B6: 0.14mg (6.99%), Vitamin B5: 0.68mg (6.75%), Vitamin D: 0.45µg (3%), Vitamin C: 1.18mg (1.44%)