



## Chocolate Meringue and Mint Chip Ice Cream Cake

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



336 kcal

DESSERT

### Ingredients

- 0.3 cup mint
- 4 large egg whites
- 2 pints mint chip ice cream softened
- 0.5 cup powdered sugar
- 10.5 tablespoons sugar divided
- 3 tablespoons cocoa powder unsweetened
- 0.3 teaspoon vanilla extract

- 0.5 cup whipping cream chilled

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

## Directions

- Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 200°F. Line 2 large baking sheets with parchment paper. Trace two 12x4-inch rectangles, spaced slightly apart, on 1 paper. Trace one 12x4-inch rectangle on second paper. Turn papers over (marked lines should show through). Sift 3 tablespoons sugar, powdered sugar, and cocoa into medium bowl. Using electric mixer, beat egg whites in large bowl until frothy.
- Add 1 1/2 tablespoons sugar and beat until soft peaks form. Gradually add 5 tablespoons sugar, beating until whites are stiff and glossy. Fold in cocoa mixture.
- Spread 1/3 of meringue (about 1 1/2 cups) evenly over each marked rectangle.
- Bake meringues until dry, reversing sheets every hour, about 4 hours total. Turn off oven; leave meringues in oven overnight.
- Lift meringues from parchment.
- Place 2 meringues on work surface. Gently spread 1 pint ice cream over each, being careful not to press hard to avoid cracking meringues.
- Place 1 filled meringue on long platter. Top with second filled meringue, then third meringue, pressing lightly to adhere. Cover and freeze assembled cake at least 2 hours and up to 1 day.
- Beat cream, vanilla, and remaining 1 tablespoon sugar in small bowl until peaks form.
- Spread whipped cream on top layer of meringue to cover; scatter chocolate sprinkles evenly over.
- Cut crosswise into slices and serve.

## Nutrition Facts



■ PROTEIN 6.3% ■ FAT 39.96% ■ CARBS 53.74%

## Properties

Glycemic Index:13.11, Glycemic Load:22.02, Inflammation Score:-4, Nutrition Score:5.2939130741617%

## Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 335.7kcal (16.78%), Fat: 15.18g (23.36%), Saturated Fat: 9.48g (59.22%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 44.73g (16.27%), Sugar: 42.63g (47.36%), Cholesterol: 55.09mg (18.36%), Sodium: 101.4mg (4.41%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 3.45mg (1.15%), Protein: 5.38g (10.77%), Vitamin B2: 0.31mg (18.51%), Calcium: 132.03mg (13.2%), Phosphorus: 119.26mg (11.93%), Vitamin A: 573.34IU (11.47%), Selenium: 5.03µg (7.18%), Potassium: 244.46mg (6.98%), Vitamin B12: 0.4µg (6.67%), Vitamin B5: 0.61mg (6.09%), Magnesium: 23.03mg (5.76%), Zinc: 0.79mg (5.26%), Fiber: 1.22g (4.87%), Copper: 0.08mg (4.22%), Manganese: 0.07mg (3.38%), Vitamin B1: 0.04mg (2.86%), Vitamin E: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.6%), Vitamin D: 0.38µg (2.53%), Iron: 0.33mg (1.81%), Folate: 6.22µg (1.55%)