



WHATSheATE



Chocolate Mint Stripe Cake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

Ingredients

- ☐ 3.8 cups mint chocolate chip ice cream blue divided (such as Bell Mint Chocolate Chip)
- ☐ 0.5 cup cream sauce fat-free divided
- ☐ 15 ounce chocolate pound cake fat-free (such as Enten-mann's Chocolate Loaf)

Equipment

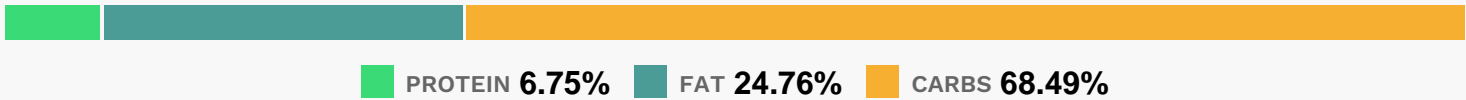
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan

- ☐ aluminum foil
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Fold a 12-inch piece of wax paper in half lengthwise. Coat an 8-inch loaf pan with cooking spray.
- ☐ Place wax paper lengthwise in loaf pan, leaving excess to extend over long sides of pan. Set aside.
- ☐ Beat 1 1/4 cups ice cream at high speed of a mixer 10 seconds or until smooth and softened.
- ☐ Spread ice cream in prepared pan. Freeze 20 minutes.
- ☐ Cut 2 slices horizontally from bottom of pound cake, each 2/3 inch thick. Reserve remaining pound cake for another use.
- ☐ Place 1 layer of cake in pan on top of ice cream.
- ☐ Spread 1/4 cup fudge topping on cake layer in pan.
- ☐ Repeat procedure with remaining ice cream, cake layer, and fudge topping, ending with ice cream.
- ☐ Cover surface of ice cream with plastic wrap; cover loaf pan with foil. Freeze 8 hours.
- ☐ Let stand 5 minutes before serving. Invert onto serving platter, and remove wax paper.
- ☐ Cut into 3/4-inch slices.
- ☐ Serve immediately.
- ☐ NOTE: Before inverting the ice cream cake, dip a thin spatula or knife into hot water. Dry the spatula completely and run it around the edges of the pan to loosen the frozen cake. Use the excess wax paper for leverage when pulling the loaf out of the pan.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:8.35, Inflammation Score:-3, Nutrition Score:7.4434782137042%

Nutrients (% of daily need)

Calories: 354.3kcal (17.72%), Fat: 9.93g (15.28%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 61.82g (20.61%), Net Carbohydrates: 60.28g (21.92%), Sugar: 41.84g (46.48%), Cholesterol: 75.45mg (25.15%), Sodium: 443.92mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.19mg (1.06%), Protein: 6.1g (12.19%), Vitamin B2: 0.28mg (16.49%), Phosphorus: 157.46mg (15.75%), Manganese: 0.27mg (13.44%), Iron: 2.27mg (12.6%), Calcium: 113.96mg (11.4%), Vitamin B1: 0.16mg (10.77%), Selenium: 6.82µg (9.74%), Copper: 0.18mg (9.13%), Folate: 35.64µg (8.91%), Magnesium: 32.91mg (8.23%), Potassium: 260.65mg (7.45%), Vitamin A: 339.64IU (6.79%), Vitamin B5: 0.62mg (6.19%), Fiber: 1.54g (6.16%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.32µg (5.31%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.07mg (3.27%), Vitamin D: 0.23µg (1.53%)