



Chocolate Raspberry Icebox Cake

READY IN



45 min.

SERVINGS



1

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 1 serving bittersweet chocolate unsweetened grated (not)
- ☐ 5 chocolate wafers such as nabisco famous
- ☐ 0.3 cup heavy cream chilled
- ☐ 0.3 cup raspberries fresh
- ☐ 0.5 teaspoon sugar
- ☐ 0.1 teaspoon vanilla

Equipment

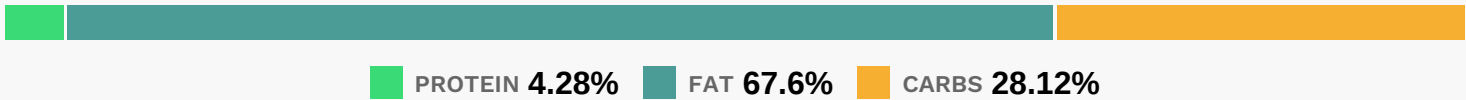
- ☐ bowl

☐ hand mixer

Directions

- ☐ Beat cream with sugar and vanilla in a small deep bowl with an electric mixer until it just holds stiff peaks.
- ☐ Spread 1 heaping teaspoon cream onto each of 4 wafers. Arrange enough raspberries side by side (as close together as possible) on 1 cream-topped wafer to form an even layer. Stack 2 cream-topped wafers on a plate (cream sides up) and top with berry wafer, then carefully spread another teaspoon cream over berries. Top with last cream wafer and cover cream with remaining plain wafer. Frost top and sides of cake with remaining cream. Cover with an inverted bowl and chill at least 4 hours.
- ☐ Serve cake with remaining berries.
- ☐ ·Cake can chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:145.59, Glycemic Load:12.25, Inflammation Score:-7, Nutrition Score:8.8456521967183%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 435.36kcal (21.77%), Fat: 33.55g (51.61%), Saturated Fat: 19.75g (123.42%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 27.7g (10.07%), Sugar: 17.73g (19.7%), Cholesterol: 90.31mg (30.1%), Sodium: 195.99mg (8.52%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.86mg (1.29%), Protein: 4.77g (9.55%), Manganese:

0.49mg (24.6%), Vitamin A: 1183.5IU (23.67%), Fiber: 3.7g (14.8%), Vitamin B2: 0.25mg (14.44%), Vitamin C: 10.96mg (13.28%), Phosphorus: 99.84mg (9.98%), Copper: 0.2mg (9.83%), Iron: 1.62mg (9.02%), Vitamin E: 1.3mg (8.67%), Vitamin D: 1.27µg (8.46%), Magnesium: 32.07mg (8.02%), Calcium: 72.36mg (7.24%), Folate: 25.67µg (6.42%), Vitamin K: 6.45µg (6.14%), Selenium: 4.27µg (6.09%), Vitamin B1: 0.09mg (6%), Potassium: 205.22mg (5.86%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.45mg (4.51%), Vitamin B6: 0.07mg (3.28%), Vitamin B12: 0.16µg (2.6%)