



WHATSheATE



Chocolate-Strawberry Icebox Cake

READY IN



150 min.

SERVINGS



16

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 1 lb strawberries fresh cut into quarters
- ☐ 3 tablespoons powdered sugar
- ☐ 3 cups whipping cream cold
- ☐ 8 oz mascarpone cheese
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 14.4 oz graham crackers
- ☐ 1 cup semisweet chocolate chips miniature

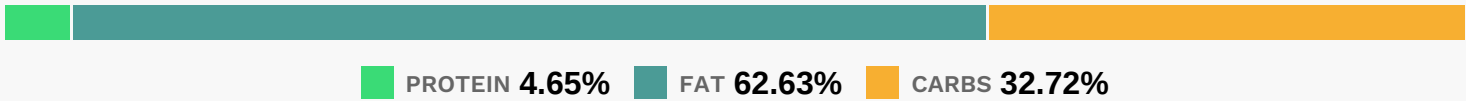
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ In medium bowl, place strawberries.
- ☐ Sprinkle with 3 tablespoons powdered sugar; let stand 10 minutes. Crush with potato masher or spoon; set aside.
- ☐ In large bowl, beat whipping cream with whisk attachment of electric mixer on low speed until stiff peaks form.
- ☐ In medium bowl, beat cheese, 1/2 cup powdered sugar and the vanilla with electric mixer on medium speed until combined. Fold in whipped cream, then fold in mashed strawberries.
- ☐ Line bottom of 13x9-inch pan with single layer of graham crackers.
- ☐ Spread one-third of the strawberry-cream mixture over crackers; sprinkle with 1/3 cup of the chocolate chips. Repeat layers twice. Refrigerate 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:14.39, Inflammation Score:-6, Nutrition Score:7.8117391285689%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg

0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 439.52kcal (21.98%), Fat: 30.79g (47.37%), Saturated Fat: 17.89g (111.83%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 33.58g (12.21%), Sugar: 19.15g (21.28%), Cholesterol: 65.49mg (21.83%), Sodium: 189.88mg (8.26%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 12.72mg (4.24%), Protein: 5.14g (10.28%), Vitamin C: 16.94mg (20.53%), Vitamin A: 865.23IU (17.3%), Manganese: 0.31mg (15.33%), Phosphorus: 122.69mg (12.27%), Magnesium: 47.92mg (11.98%), Iron: 2.15mg (11.96%), Copper: 0.21mg (10.56%), Fiber: 2.62g (10.47%), Vitamin B2: 0.16mg (9.4%), Calcium: 83.24mg (8.32%), Zinc: 1.03mg (6.9%), Potassium: 215.25mg (6.15%), Vitamin B3: 1.23mg (6.14%), Vitamin B1: 0.08mg (5.24%), Folate: 20.33µg (5.08%), Vitamin D: 0.71µg (4.76%), Selenium: 2.73µg (3.89%), Vitamin E: 0.58mg (3.87%), Vitamin B6: 0.06mg (2.98%), Vitamin K: 3.12µg (2.97%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.1µg (1.63%)