



Coconut Coffee Marbled Ice Cream Cake

READY IN



300 min.

SERVINGS



10

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 2 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.8 cup chocolate wafer crumbs (from 15 cookies such as Nabisco Famous Chocolate Wafers)
- ☐ 1 tablespoon plus light
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 1 teaspoon dutch-processed cocoa powder unsweetened
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 1 pt whipped cream softened
- ☐ 1 teaspoon espresso powder
- ☐ 0.1 teaspoon salt

- ☐ 1 pt raspberry sorbet softened
- ☐ 1 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla

Equipment

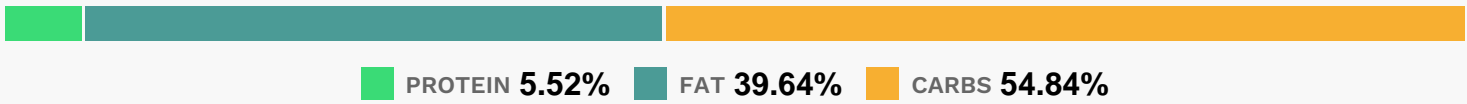
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Line mold with a double layer of parchment paper, allowing a few inches of overhang along each side.
- ☐ Stir together crumbs, espresso powder, and butter and press over bottom of mold.
- ☐ Bake until crisp, about 10 minutes, then cool completely in mold on a rack, about 20 minutes.
- ☐ Scoop and drop ice cream and sorbet alternately into mold in 1 layer until crust is covered, then smooth with offset spatula until flat. Make another layer in same manner. Freeze, covered with plastic wrap, until firm, at least 2 hours.
- ☐ Bring cream, corn syrup, brown sugar, cocoa, salt, and half of chocolate to a boil in a 1- to 1 1/2-quart heavy saucepan over moderate heat, stirring until chocolate is melted. Reduce heat and simmer, stirring occasionally, 5 minutes, then remove from heat.
- ☐ Add butter, vanilla, and remaining chocolate and stir until smooth.
- ☐ Cool fudge sauce to warm, at least 15 minutes.
- ☐ Pour warm sauce over ice cream layer and freeze again, uncovered, until firm, about 15 minutes.

- ☐ Remove cake by grasping both ends of parchment, and transfer it to a platter. Using a spatula to stabilize end of cake, carefully slide parchment out from under cake.
- ☐ ·Sauce can be made 1 week ahead and cooled completely, uncovered, then chilled in an airtight container or jar. Reheat before using.·Cake keeps, wrapped well in plastic wrap and then in foil, 3 days.

Nutrition Facts



Properties

Glycemic Index:12.95, Glycemic Load:9.81, Inflammation Score:-3, Nutrition Score:4.0030434675839%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 263.68kcal (13.18%), Fat: 11.59g (17.82%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 34.05g (12.38%), Sugar: 27.28g (30.31%), Cholesterol: 29.42mg (9.81%), Sodium: 151.08mg (6.57%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Caffeine: 9.09mg (3.03%), Protein: 3.63g (7.26%), Vitamin B2: 0.15mg (8.72%), Fiber: 2.01g (8.03%), Phosphorus: 79.57mg (7.96%), Manganese: 0.14mg (7.24%), Calcium: 71.6mg (7.16%), Copper: 0.13mg (6.3%), Vitamin A: 304.19IU (6.08%), Magnesium: 22.4mg (5.6%), Potassium: 155.84mg (4.45%), Iron: 0.77mg (4.28%), Zinc: 0.6mg (3.99%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.34mg (3.39%), Selenium: 2.01µg (2.88%), Vitamin B1: 0.04mg (2.71%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.38mg (1.9%), Folate: 6.58µg (1.64%), Vitamin B6: 0.03mg (1.56%), Vitamin D: 0.19µg (1.25%)