



Espresso and Mascarpone Icebox Cake

READY IN



45 min.

SERVINGS



12

CALORIES



424 kcal

DESSERT

Ingredients

- 9 oz chocolate wafers such as nabisco famous
- 3 cups cup heavy whipping cream chilled
- 1 tablespoon espresso powder
- 9 oz mascarpone cheese at room temperature
- 0.5 cup sugar

Equipment

- food processor
- bowl

- frying pan
- knife
- hand mixer
- aluminum foil
- springform pan
- offset spatula

Directions

- Beat 2 cups cream with 6 tablespoons sugar in a bowl with an electric mixer at medium speed until it just holds soft peaks, 2 to 4 minutes. Reduce speed to low, then add mascarpone and mix until combined.
- Spread 1 1/4 cups mascarpone mixture evenly in bottom of springform pan and cover with 14 wafers, slightly overlapping if necessary.
- Spread with another 1 1/4 cups mascarpone mixture, followed by 14 more wafers arranged in the same manner.
- Spread remaining mascarpone mixture on top. Smooth top with a metal offset spatula, then cover pan with foil and freeze until firm, about 1 hour.
- Transfer from freezer to refrigerator and chill, covered, until a sharp knife inserted into center cuts through softened wafers easily, about 8 hours.
- Pulse remaining chocolate wafers in a food processor until finely ground.
- Beat remaining cup cream with espresso powder and remaining 3 tablespoons sugar using electric mixer at medium speed until it just holds stiff peaks, about 3 minutes.
- Remove foil and side of pan and frost cake all over with espresso cream.
- Sprinkle edge of top lightly with wafer crumbs.
- Serve cold.
- *Available at most supermarkets and The Baker's Catalogue (800-827-6836).
- Cake, without espresso cream, can be chilled up to 2 days. Cake can be frosted with espresso cream 4 hours ahead and chilled, loosely covered with foil.

Nutrition Facts



■ PROTEIN 4.31% ■ FAT 71.34% ■ CARBS 24.35%

Properties

Glycemic Index:9.97, Glycemic Load:13.11, Inflammation Score:-6, Nutrition Score:4.9282608835594%

Nutrients (% of daily need)

Calories: 423.6kcal (21.18%), Fat: 34.1g (52.45%), Saturated Fat: 20.54g (128.38%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 25.46g (9.26%), Sugar: 18.01g (20.01%), Cholesterol: 88.92mg (29.64%), Sodium: 151.32mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.21mg (5.07%), Protein: 4.63g (9.26%), Vitamin A: 1174.87IU (23.5%), Vitamin B2: 0.17mg (10.02%), Manganese: 0.16mg (7.8%), Calcium: 76.3mg (7.63%), Phosphorus: 63.84mg (6.38%), Vitamin D: 0.95µg (6.35%), Copper: 0.11mg (5.31%), Iron: 0.93mg (5.19%), Vitamin E: 0.7mg (4.67%), Selenium: 3.1µg (4.43%), Magnesium: 16.8mg (4.2%), Vitamin B3: 0.76mg (3.82%), Vitamin B1: 0.06mg (3.67%), Potassium: 116.09mg (3.32%), Folate: 12.37µg (3.09%), Fiber: 0.72g (2.89%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 2.42µg (2.31%), Vitamin B12: 0.11µg (1.91%), Vitamin B6: 0.03mg (1.59%)