



Frozen Chocolate Granola Cream Cake

 Vegetarian

READY IN



260 min.

SERVINGS



8

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 1 cup kellogg's® cocoa cereal
- ☐ 6 oz cereal dark
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups whipping cream

Equipment

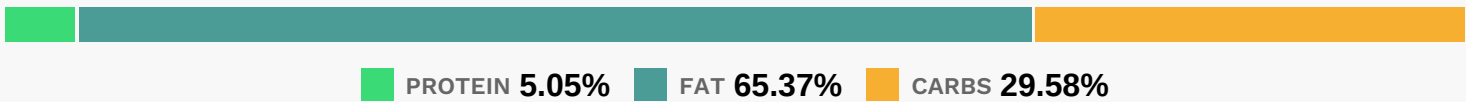
- ☐ bowl
- ☐ frying pan

- ☐ knife
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Line 8x4-inch loaf pan with foil. In large bowl, beat cream, sugar and vanilla with electric mixer on high speed until stiff peaks form.
- ☐ Spread 3/4 cup of the whipped cream evenly in bottom of pan.
- ☐ Place 3 granola thins, chocolate side up, on top of cream. Top with 3/4 cup whipped cream.
- ☐ Sprinkle 1/2 cup of the cereal evenly over top.
- ☐ Spread 3/4 cup of the whipped cream over cereal.
- ☐ Repeat layering with 3 granola thins and 3/4 cup whipped cream. Top with remaining 1/2 cup cereal, 3/4 cup whipped cream and 3 granola thins. Cover loosely with plastic wrap. Freeze until firm, at least 4 hours or up to 2 days.
- ☐ To serve, let cake stand at room temperature 5 minutes.
- ☐ Remove plastic wrap.
- ☐ Place serving platter upside down over pan; turn platter and pan over.
- ☐ Remove pan and foil. Break remaining granola thin into pieces; sprinkle over top. With sharp knife, cut crosswise into 1-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-6, Nutrition Score:7.9956521106803%

Nutrients (% of daily need)

Calories: 344.33kcal (17.22%), Fat: 25.57g (39.33%), Saturated Fat: 14.2g (88.76%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 24.67g (8.97%), Sugar: 14.05g (15.62%), Cholesterol: 67.24mg (22.41%), Sodium: 48.57mg

(2.11%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 4.44g (8.89%), Manganese: 0.59mg (29.42%), Vitamin A: 957.99IU (19.16%), Vitamin B2: 0.22mg (13.16%), Phosphorus: 107.04mg (10.7%), Iron: 1.74mg (9.66%), Vitamin B1: 0.14mg (9.39%), Vitamin E: 1.4mg (9.32%), Selenium: 5.79µg (8.28%), Zinc: 1.19mg (7.96%), Vitamin D: 1.12µg (7.46%), Calcium: 74.32mg (7.43%), Magnesium: 26.23mg (6.56%), Folate: 26.26µg (6.56%), Vitamin B6: 0.13mg (6.49%), Vitamin B12: 0.36µg (6.03%), Fiber: 1.36g (5.45%), Vitamin B3: 1.07mg (5.37%), Potassium: 152.13mg (4.35%), Copper: 0.08mg (3.78%), Vitamin B5: 0.29mg (2.91%), Vitamin K: 2.93µg (2.79%), Vitamin C: 1.38mg (1.67%)