



WHATSheATE



## Frozen Cinnamon-Chocolate Dessert

READY IN



160 min.

SERVINGS



8

CALORIES



347 kcal

DESSERT

### Ingredients

- ☐ 1 cup chocolate wafer crumbs ( 20 cookies)
- ☐ 0.3 cup butter melted
- ☐ 4 cups ice-cream chocolate shell softened
- ☐ 0.5 cup whipping cream
- ☐ 0.3 cup sugar
- ☐ 1 oz baker's chocolate unsweetened chopped
- ☐ 0.5 teaspoon ground cinnamon

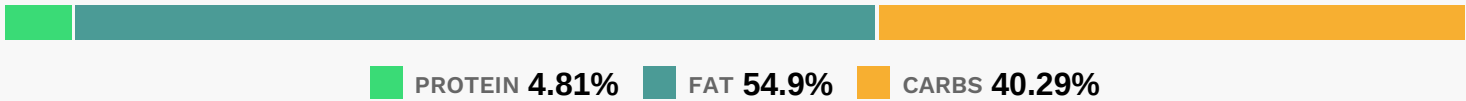
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ spatula
- ☐ springform pan

## Directions

- ☐ In small bowl, mix cookie crumbs and butter. Press in bottom of ungreased 8-inch springform pan. Freeze 10 minutes.
- ☐ Spoon ice cream onto crumb crust; smooth top. Cover and freeze about 2 hours or until firm.
- ☐ In 1-quart saucepan, heat whipping cream, sugar and chocolate to boiling over medium heat, stirring constantly. Boil and stir about 30 seconds or until chocolate is melted; remove from heat. Stir in cinnamon. Continue stirring 3 to 4 minutes or until thoroughly mixed, glossy and slightly thickened.
- ☐ Remove dessert from freezer 15 minutes before serving. Run metal spatula along side of dessert to loosen; remove side of pan.
- ☐ Serve dessert with warm or cool sauce. Store dessert covered in freezer.

## Nutrition Facts



## Properties

Glycemic Index:21.82, Glycemic Load:18.08, Inflammation Score:-6, Nutrition Score:6.8008695400279%

## Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

## Nutrients (% of daily need)

Calories: 346.88kcal (17.34%), Fat: 22.2g (34.16%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 34.74g (12.63%), Sugar: 28.71g (31.9%), Cholesterol: 39.53mg (13.18%), Sodium: 203.2mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.22mg (2.07%), Protein: 4.38g (8.76%), Manganese: 0.36mg (17.99%), Vitamin A: 749.01IU (14.98%), Copper: 0.27mg (13.55%), Vitamin B2: 0.2mg (11.8%), Phosphorus: 113.61mg (11.36%), Iron: 1.82mg (10.11%), Magnesium: 39.48mg (9.87%), Calcium: 93.12mg (9.31%), Fiber: 1.92g

(7.69%), Potassium: 240.93mg (6.88%), Zinc: 0.92mg (6.1%), Folate: 18.81µg (4.7%), Vitamin B5: 0.47mg (4.69%), Selenium: 3.22µg (4.6%), Vitamin E: 0.67mg (4.48%), Vitamin B1: 0.07mg (4.34%), Vitamin B12: 0.23µg (3.91%), Vitamin B3: 0.61mg (3.05%), Vitamin B6: 0.05mg (2.52%), Vitamin D: 0.37µg (2.47%), Vitamin K: 1.39µg (1.33%)