



Fudge Mint Ice Cream Torte

 Dairy Free

READY IN



275 min.

SERVINGS



16

CALORIES



316 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 0.3 cup water
- 0.7 cup vegetable oil
- 2 eggs
- 8 cups ice-cream chocolate shell softened
- 38 crème de cassis liqueur rectangular thin
- 0.3 cup frangelico

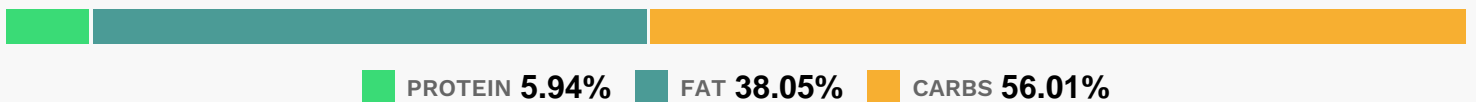
Equipment

- bowl
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 350°F. Line 3 (8-inch) round cake pans with foil; grease bottoms only of foil-lined pans. In large bowl, beat brownie mix, water, oil and eggs 50 strokes with spoon until dry particles are moistened.
- Spread batter evenly in pans.
- Bake 15 to 20 minutes. DO NOT OVERBAKE. Cool 15 minutes. Use foil to lift brownie layers from pans; place on cooling racks. Cool 30 minutes or until completely cooled.
- Place layers in freezer 1 to 2 hours for easier handling.
- Meanwhile, line 2 (8-inch) round cake pans with foil. Scoop and press ice cream evenly into pans, leveling tops. Freeze until firm.
- In 1-quart saucepan, heat half-and-half and 30 of the chocolate candies over low heat, stirring constantly, until candies are melted and sauce is smooth.
- Remove foil from brownie and ice cream layers.
- Place 1 brownie layer on serving plate; top with 1 ice cream layer. Repeat with remaining brownie and ice cream layers, ending with brownie layer. Spoon sauce over torte. Freeze at least 2 hours.
- Remove from freezer 10 minutes before serving.
- Cut remaining 8 candies in half diagonally; arrange candies on top outer edge of torte.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:8.91, Inflammation Score:-3, Nutrition Score:4.1373913469522%

Nutrients (% of daily need)

Calories: 315.86kcal (15.79%), Fat: 13.46g (20.71%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 43.81g (15.93%), Sugar: 33.58g (37.31%), Cholesterol: 42.9mg (14.3%), Sodium: 151.35mg (6.58%), Alcohol: 0.71g (100%), Alcohol %: 0.76% (100%), Protein: 4.73g (9.46%), Vitamin B2: 0.15mg (9.01%), Iron: 1.61mg (8.93%), Phosphorus: 81.51mg (8.15%), Calcium: 75.13mg (7.51%), Vitamin A: 304.26IU (6.09%), Magnesium: 19.84mg (4.96%), Potassium: 171.93mg (4.91%), Copper: 0.1mg (4.78%), Selenium: 3.35µg (4.78%), Manganese: 0.09mg (4.74%), Vitamin B5: 0.45mg (4.5%), Vitamin B12: 0.24µg (4.01%), Vitamin K: 3.56µg (3.39%), Folate: 13.15µg (3.29%), Fiber: 0.79g (3.17%), Zinc: 0.46mg (3.03%), Vitamin E: 0.4mg (2.7%), Vitamin B6: 0.05mg (2.28%), Vitamin B1: 0.03mg (1.99%), Vitamin D: 0.24µg (1.61%)