



Fudge Mint Ice Cream Torte

 Popular

READY IN



275 min.

SERVINGS



16

CALORIES



321 kcal

DESSERT

Ingredients

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

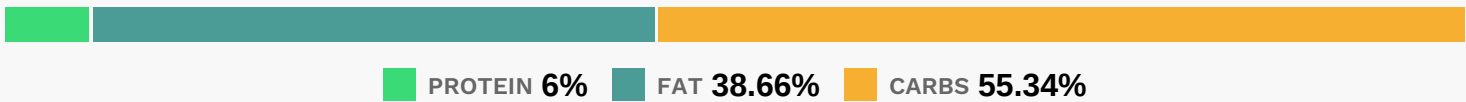
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350F. 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:4.2500000129575%

Nutrients (% of daily need)

Calories: 320.82kcal (16.04%), Fat: 13.9g (21.38%), Saturated Fat: 6.03g (37.72%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 43.97g (15.99%), Sugar: 33.74g (37.49%), Cholesterol: 44.22mg (14.74%), Sodium: 153.66mg (6.68%), Alcohol: 0.71g (100%), Alcohol %: 0.73% (100%), Protein: 4.85g (9.7%), Vitamin B2: 0.16mg (9.44%), Iron: 1.61mg (8.94%), Phosphorus: 85.1mg (8.51%), Calcium: 79.18mg (7.92%), Vitamin A: 317.65IU (6.35%), Magnesium: 20.22mg (5.05%), Potassium: 176.92mg (5.05%), Selenium: 3.47µg (4.96%), Copper: 0.1mg (4.79%), Manganese: 0.09mg (4.75%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.25µg (4.13%), Vitamin K: 3.6µg (3.43%), Folate: 13.26µg (3.31%), Fiber: 0.79g (3.17%), Zinc: 0.47mg (3.13%), Vitamin E: 0.41mg (2.76%), Vitamin B6: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.07%), Vitamin D: 0.24µg (1.61%)