



## Ice Box Cafe Peanut Butter Ice Cream Cake

READY IN



94 min.

SERVINGS



6

CALORIES



1413 kcal

DESSERT

### Ingredients

- 2 cups all purpose flour
- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 pint ice-cream chocolate shell
- 1 cup hot-brewed coffee brewed
- 2 cups creamy peanut butter
- 1 cup dutch cocoa powder
- 3 eggs
- 1 cup milk

- 1 cup oil
- 1 pinch salt
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1 pint whipped cream

## Equipment

- frying pan
- baking paper
- oven
- blender
- plastic wrap
- baking pan
- microwave
- spatula
- skewers

## Directions

- To make the chocolate cake: Preheat oven to 350 degrees F. Choose between a 10 by 3-inch round or a rectangular shaped baking pan and spray it with baking grease or butter and then line the bottom with parchment paper.
- Combine the oil and the sugar in mixer until well blended.
- Add the eggs and the vanilla extract and continue to mix until well blended.
- Add the milk and the coffee.
- Sift all of the dry ingredients and then add them to the wet ingredients in three batches allowing each batch to be thoroughly absorbed.
- Pour the batter in prepared pans and bake for approximately 25 minutes or until a skewer is clean when removed. Allow to cool before unmolding. Once chocolate cake has cooled, unmold, and refrigerate overnight to allow it to cool thoroughly.

- Cut the chocolate cake horizontally to make 2 layers out of the 1 layer and slide 1 of the layers onto a plate or cake board attempting not to break the layers.
- Line the same pan used to bake the chocolate cake in plastic wrap (the plastic will help you remove the ice cream cake from the pan once it is set, so make sure to use a large enough piece and slide 1 of the half layers of chocolate cake into the pan). Make sure that it rests firmly in the bottom of the pan and if the plastic wrap has slipped in, adjust so that it spills over the sides of the pan.
- Empty a pint of chocolate ice cream, or your favorite brand, into a mixer and soften until it is easily spread, do not let it become runny.
- Pour the ice cream into mold over chocolate layer and spread evenly with a spatula or the back of a spoon. Return to freezer until set, approximately 2 hours.
- Soften 2 cups of creamy peanut butter in the microwave without letting it get runny, approximately 2 minutes. Then pour the peanut butter over the chocolate ice cream. Using a spatula or the back of a spoon, spread the peanut butter evenly over the chocolate ice cream.
- Place the second half of the chocolate cake layer over the peanut butter and pat down firmly. Return to freezer until set, approximately 2 hours.
- Empty a pint of vanilla ice cream or your favorite brand, into a mixer and soften it until it can be easily spread.
- Pour into mold over chocolate layer and spread evenly with a spatula or the back of a spoon. Return to freezer and allow to set overnight.
- To unmold, simply invert over cake board or plate, place a warm towel over the pan for a couple of minutes. The cake should slide out without any problems, grab a hold of the ends of the plastic wrap, and give it a tug if it is stubborn. Invert back so that vanilla ice cream is on top. Decorate with melted chocolate or whipped cream.
- If you chose a rectangular shaped mold, cut lengthwise and stack on top of each other for a dramatic presentation.
- Drizzle with melted chocolate.

## Nutrition Facts

**PROTEIN 9.74%** **FAT 45.04%** **CARBS 45.22%**

## Properties

Glycemic Index:66.68, Glycemic Load:94.2, Inflammation Score:-9, Nutrition Score:39.44173907197%

## Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 28.17mg, Epicatechin: 28.17mg, Epicatechin: 28.17mg, Epicatechin: 28.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 1412.56kcal (70.63%), Fat: 74.75g (115%), Saturated Fat: 22.62g (141.38%), Carbohydrates: 168.85g (56.28%), Net Carbohydrates: 156.79g (57.02%), Sugar: 114.8g (127.55%), Cholesterol: 148.23mg (49.41%), Sodium: 985.95mg (42.87%), Alcohol: 0.23g (100%), Alcohol %: 0.06% (100%), Caffeine: 51.13mg (17.04%), Protein: 36.37g (72.75%), Manganese: 2.23mg (111.64%), Vitamin B3: 14.62mg (73.09%), Phosphorus: 709.4mg (70.94%), Magnesium: 268.91mg (67.23%), Vitamin E: 9.91mg (66.06%), Vitamin B2: 0.95mg (55.7%), Copper: 1.11mg (55.56%), Fiber: 12.06g (48.22%), Folate: 182.49µg (45.62%), Selenium: 31.02µg (44.32%), Vitamin B1: 0.56mg (37.31%), Iron: 6.71mg (37.3%), Calcium: 356.69mg (35.67%), Potassium: 1213.96mg (34.68%), Zinc: 4.92mg (32.8%), Vitamin B6: 0.56mg (28.05%), Vitamin B5: 2.62mg (26.15%), Vitamin A: 844.76IU (16.9%), Vitamin B12: 0.95µg (15.86%), Vitamin D: 1.2µg (8.02%), Vitamin K: 6.77µg (6.44%), Vitamin C: 1.03mg (1.24%)