



Ice Cream Cake

 Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



480 kcal

DESSERT

Ingredients

- 1 cup use chocolate chips (recommended: Nestle)
- 10 servings chocolate sauce
- 150 g bourbon biscuits broken up into crumbs and rubble
- 0.8 cup honey roast peanuts
- 10 servings butterscotch sauce
- 2.5 pints ice cream
- 2 ounces crunchie bar (recommended: Nestle Crunch)

Equipment

bowl

Directions

- Let the ice cream soften either in the refrigerator for a while, or out in the kitchen.
- Line a 8-inch springform tin with clingfilm/clingwrap, both in the bottom and sides of the tin so that you have some overhang at the top.
- Empty the slightly softened ice cream into a bowl and mix in the peanuts, 150g/1 cup chocolate and peanut morsels or chips, Crunchie shards/honeycomb shards and 100g/1 cup of the Bourbon biscuit crumbs/chocolate cookie crumbs.
- Scrape the ice cream mixture into the springform tin flattening the top like a cake, and cover the top with clingfilm/clingwrap and place in the freezer to firm up.
- Serve the cake straight from the freezer, unmould from the tin and pulling the clingfilm/clingwrap gently away before putting on a plate or cake stand.
- Sprinkle the top of the cake with the extra 50g/1/4 cup of chocolate and peanut morsels or chips, and the remaining Bourbon biscuit crumbs/chocolate cookie crumbs.
- Cut into slices and serve with the butterscotch and chocolate sauces, letting both dribble lacily over each slice. If 2 sauces sound like too much trouble – they're not – just opt for the chocolate peanut butter sauce. It's hard to find an argument against it.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:27.45, Inflammation Score:-3, Nutrition Score:5.4213043269904%

Nutrients (% of daily need)

Calories: 479.99kcal (24%), Fat: 19.65g (30.23%), Saturated Fat: 12.36g (77.28%), Carbohydrates: 65.03g (21.68%), Net Carbohydrates: 64.06g (23.29%), Sugar: 59.55g (66.17%), Cholesterol: 52.46mg (17.49%), Sodium: 122.49mg (5.33%), Alcohol: 5.01g (100%), Alcohol %: 3.44% (100%), Protein: 4.55g (9.1%), Vitamin B2: 0.31mg (18.05%), Calcium: 172.3mg (17.23%), Phosphorus: 132.75mg (13.27%), Vitamin A: 501.84IU (10.04%), Potassium: 313.74mg (8.96%), Vitamin B12: 0.48µg (8.01%), Vitamin B5: 0.72mg (7.21%), Zinc: 0.95mg (6.31%), Magnesium: 19.08mg (4.77%), Vitamin B1: 0.06mg (3.9%), Fiber: 0.97g (3.88%), Selenium: 2.6µg (3.71%), Vitamin B6: 0.06mg (3.23%), Vitamin E: 0.42mg (2.82%), Copper: 0.05mg (2.71%), Manganese: 0.05mg (2.58%), Folate: 7.94µg (1.98%), Vitamin D: 0.24µg (1.58%), Iron: 0.28mg (1.55%), Vitamin B3: 0.24mg (1.18%), Vitamin C: 0.87mg (1.06%)