



## Ice Cream Sandwich Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons natural cocoa powder unsweetened
- ☐ 3 tablespoons cream cheese softened
- ☐ 0.3 cup granulated sugar
- ☐ 12 cream-filled chocolate sandwich cookie crumbs
- ☐ 2.5 tablespoons milk
- ☐ 6 oreos chopped
- ☐ 0.5 teaspoon vanilla extract

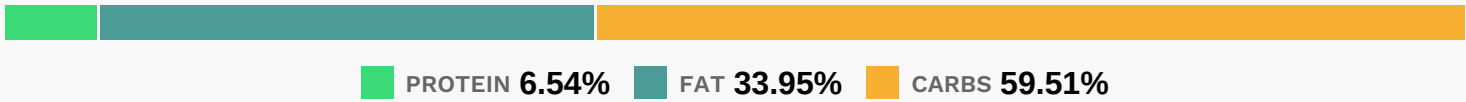
### Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil

## Directions

- ☐ In a mixing bowl, stir together the softened cream cheese, and cocoa powder. Slowly add sugar and milk alternately, scraping sides of bowl to make a thin paste.
- ☐ Add vanilla. Using a handheld electric mixer, beat until smooth. Fold in about half a carton (1 ¾ cups) of the whipped topping. Fold in the cookies.
- ☐ Lay a large sheet of foil on a flat surface.
- ☐ Lay 4 ice cream sandwiches side by side on the foil.
- ☐ Spread half of the chocolate mixture over the sandwiches.
- ☐ Layer 4 more ice cream sandwiches over the chocolate mixture, then layer on remaining chocolate mixture and 4 ice cream sandwiches.Using some or all of the remaining carton of whipped topping, spread a thin layer all over the cake. At this point it will look pretty shoddy, but that’s okay. You’ll fix it later. Bring foil up and around cake to make a little container, then set the cake in a pan (just to keep it level) and put it all in the freezer for about 6 hours or until frozen solid. When frozen, remove foil and spread more whipped topping over the cake. Arrange on a nice plate and touch up your whipped topping.
- ☐ Garnish with chocolate syrup or cookie crumbs and slice.

## Nutrition Facts



## Properties

Glycemic Index:16.34, Glycemic Load:18.82, Inflammation Score:-3, Nutrition Score:2.2652173968761%

## Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 227.67kcal (11.38%), Fat: 8.98g (13.81%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 34.76g (12.64%), Sugar: 20.23g (22.48%), Cholesterol: 18.74mg (6.25%), Sodium: 126.47mg (5.5%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.17mg (1.06%), Protein: 3.89g (7.79%), Magnesium: 29.38mg (7.34%), Calcium: 66.28mg (6.63%), Iron: 1.03mg (5.73%), Vitamin A: 228.87IU (4.58%), Manganese: 0.09mg (4.49%), Potassium: 123.34mg (3.52%), Copper: 0.07mg (3.43%), Fiber: 0.64g (2.55%), Phosphorus: 21.8mg (2.18%), Vitamin B2: 0.03mg (1.82%), Vitamin K: 1.76µg (1.68%), Selenium: 0.89µg (1.27%), Vitamin E: 0.18mg (1.21%), Folate: 4.39µg (1.1%), Zinc: 0.16mg (1.07%), Vitamin B1: 0.02mg (1.03%)