



Ice Cream Sandwich Cakes

 Vegetarian

READY IN



250 min.

SERVINGS



18

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup hot-brewed coffee brewed not espresso
- ☐ 0.8 cup dutch-process cocoa powder
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 3 pints ice cream any flavor
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter unsalted plus more for the pans
- ☐ 1 teaspoon vanilla extract

Equipment

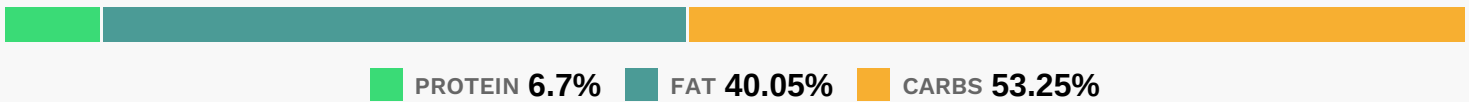
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ offset spatula

Directions

- ☐ Preheat the oven to 325 degrees F. Line the bottom of two 8-inch-square metal baking pans with parchment paper and lightly butter the paper. Sift the flour, baking powder, baking soda and salt into a bowl, then whisk to combine.
- ☐ Melt the butter in a saucepan over medium heat.
- ☐ Add the cocoa powder and whisk until dissolved, about 1 minute.
- ☐ Transfer to a bowl and whisk in both sugars until combined.
- ☐ Add the coffee, buttermilk, egg and vanilla and whisk until smooth.
- ☐ Whisk in the flour mixture until just combined.
- ☐ Divide the batter evenly between the prepared pans.

- ☐ Bake until a toothpick inserted into the center comes out with a few moist crumbs, 15 to 20 minutes. Cool slightly in the pans, then invert onto a rack to cool completely.
- ☐ Transfer the cakes to a baking sheet lined with parchment paper, cover with plastic wrap and freeze until firm, about 1 hour.
- ☐ Remove the ice cream from the freezer to soften, 10 to 20 minutes. Clean and dry the baking pans, then line each with plastic wrap, leaving a 4-inch overhang on all sides. Scoop all of the ice cream into one of the pans, packing it to make an even 1-inch-thick layer; smooth with a small offset spatula or the back of a spoon. Fold the plastic wrap over the ice cream to cover it, then freeze until solid, at least 1 hour.
- ☐ Put 1 frozen cake in the remaining plastic-lined pan. Unwrap the ice cream layer and invert it on top of the cake; remove the plastic wrap. Cover with the remaining cake, pressing gently. Fold the plastic wrap over the cake to cover it and freeze until firm, about 1 hour.
- ☐ When ready to serve, unwrap the cake and cut into 9 squares.
- ☐ Cut each square in half to make 2 rectangles or triangles.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:17.93, Inflammation Score:-4, Nutrition Score:6.172173909519%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 266.22kcal (13.31%), Fat: 12.24g (18.84%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 34.61g (12.58%), Sugar: 28.63g (31.81%), Cholesterol: 52.46mg (17.49%), Sodium: 148.21mg (6.44%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Caffeine: 10.88mg (3.63%), Protein: 4.61g (9.21%), Vitamin B2: 0.26mg (15.01%), Calcium: 134.64mg (13.46%), Phosphorus: 131.97mg (13.2%), Manganese: 0.19mg (9.34%), Vitamin A: 435.76IU (8.72%), Copper: 0.17mg (8.46%), Fiber: 2.02g (8.08%), Magnesium: 31.96mg (7.99%), Selenium: 4.94µg (7.05%), Potassium: 242.4mg (6.93%), Vitamin B12: 0.37µg (6.14%), Zinc: 0.89mg (5.95%), Vitamin B5: 0.59mg (5.86%), Vitamin B1: 0.08mg (5.42%), Iron: 0.93mg (5.19%), Folate: 16.55µg (4.14%), Vitamin B6: 0.05mg (2.71%), Vitamin B3: 0.51mg (2.53%), Vitamin E: 0.35mg (2.33%), Vitamin D: 0.35µg (2.31%)