

Ice Cream Tunnel Cake

READY IN



55 min.

SERVINGS



12

CALORIES



400 kcal

DESSERT

Ingredients

- 0.5 cup chocolate chips
- 0.5 cup plus light
- 1 package chocolate cake mix (regular size)
- 1 tablespoon cup heavy whipping cream
- 0.5 teaspoon vanilla extract
- 1 quart whipped cream softened

Equipment

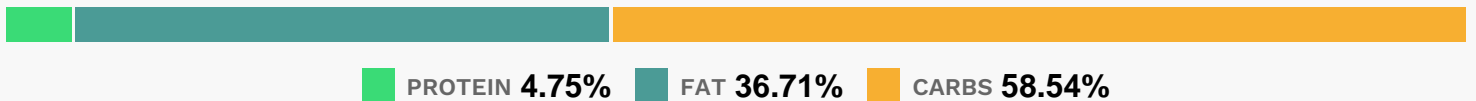
- frying pan

- oven
- wire rack
- toothpicks
- microwave

Directions

- Prepare cake mix according to package directions.
- Pour batter into a greased and floured 10-in. fluted tube pan.
- Bake at 350° for 35–40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack. Cool completely.
- Cut a 1-in. slice off the top of the cake; set aside. To make a tunnel, carefully hollow out bottom, leaving a 1-in. shell (save removed cake for another use). Cover and place cake shell in freezer for 1 hour.
- Fill tunnel with ice cream; replace cake top. Cover and freeze for at least 6 hours.
- Just before serving, in a microwave, melt chips and corn syrup; stir until smooth. Stir in cream and vanilla until smooth.
- Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:6.5669564501099%

Nutrients (% of daily need)

Calories: 399.77kcal (19.99%), Fat: 16.91g (26.02%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 60.68g (20.23%), Net Carbohydrates: 59.27g (21.55%), Sugar: 45.76g (50.85%), Cholesterol: 36.11mg (12.04%), Sodium: 369.25mg (16.05%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Caffeine: 3.96mg (1.32%), Protein: 4.92g (9.84%), Phosphorus: 180.74mg (18.07%), Calcium: 162.99mg (16.3%), Vitamin B2: 0.25mg (14.67%), Iron: 1.69mg (9.4%), Selenium: 6.02µg (8.6%), Potassium: 298.74mg (8.54%), Copper: 0.16mg (8.12%), Magnesium: 28.21mg (7.05%), Vitamin A: 351.47IU (7.03%), Vitamin B1: 0.1mg (6.81%), Folate: 26.31µg (6.58%), Zinc: 0.9mg (5.99%), Fiber: 1.42g (5.66%), Vitamin B12: 0.31µg (5.16%), Vitamin B5: 0.51mg (5.1%), Manganese: 0.09mg (4.35%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 1.64µg (1.57%), Vitamin D:

0.18µg (1.18%)