



Layered Black Silk Ice Cream Brownie Dessert

READY IN



560 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons butter cut into small chunks at room temperature
- ☐ 6 tablespoons chocolate syrup
- ☐ 7 ounces eagle brand condensed milk canned ()
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- ☐ 0.5 cup chocolate chips dark
- ☐ 1 large eggs
- ☐ 0.3 cup carefully measured flour all-purpose (aerate and stir)
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup heavy whipping cream

- ☐ 2 tablespoons milk
- ☐ 6 large a handful of oreos mini
- ☐ 0.5 teaspoon vanilla
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 tablespoon water hot
- ☐ 1 packet folgers breaks silk fresh black
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Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cutting board

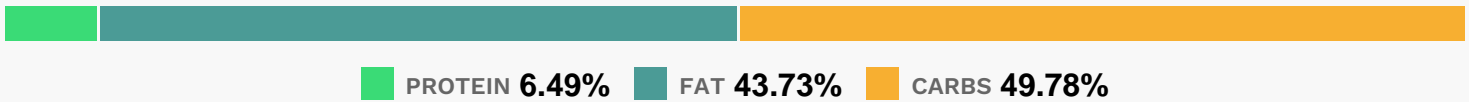
Directions

- ☐ Preheat the oven to 350 degrees F. Line the inside of an 8 inch square metal pan with parchment paper. If using a glass pan, preheat to 325F. Beat the butter and sugar until creamy. Beat in the egg; stir in the chocolate syrup and vanilla.
- ☐ Add the flour and stir just until incorporated.
- ☐ Pour into pan and bake on center rack for about 15–17 minutes or until brownie feels set (top will still be sticky).
- ☐ Remove from oven and immediately sprinkle chocolate chips (they should melt slightly and stick) and cookies over the top.
- ☐ Let cool at room temperature, then transfer to the refrigerator to cool completely. To make the ice cream, beat 1 cup of the cream in a mixing bowl with a handheld electric mixer until

stiff peaks form. In a second bowl, beat together the remaining 2 tablespoons of cream, 2 tablespoons of milk, 7 ounces (2/3 cup) condensed milk, vanilla extract and Black Silk instant coffee powder. Stir well so that instant coffee dissolves. Fold in the whipped cream.

- ☐ Pour ice cream mixture over crumb crust and put in the freezer at least 4 hours or until the ice cream is very firm.Prepare the fudge sauce.
- ☐ Combine the chocolate chips and condensed milk in a small saucepan and heat over medium low, stirring gently to melt the chips.
- ☐ Remove from heat and stir in the butter. Stir until butter melts.
- ☐ Add the water and vanilla.
- ☐ Let mixture cool at room temperature for about an hour.When the ice cream that you’ve spread over the crust is firm, spread sauce over ice cream. Return to the freezer and freeze for about an hour or until the fudge sauce is very firm.
- ☐ Spread or pipe whipped cream over the top and freeze for several hours or until the whipped cream is firm.
- ☐ Sprinkle with nuts if desired.When ready to serve, lift from the pan and peel away the nonstick foil or parchment. Put on a cutting board and use a chef’s knife to cut into squares. Plate the frozen squares or just put them in a freezer container and store in the freezer until you’re ready to plate the dessert. You can serve straight from the freezer or let them soften slightly on the plate for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:44.39, Glycemic Load:23.05, Inflammation Score:-5, Nutrition Score:8.9426086415415%

Nutrients (% of daily need)

Calories: 475.93kcal (23.8%), Fat: 23.38g (35.97%), Saturated Fat: 15.04g (93.97%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 58.69g (21.34%), Sugar: 49.38g (54.87%), Cholesterol: 79.94mg (26.65%), Sodium: 156.3mg (6.8%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 7.81g (15.61%), Vitamin B2: 0.37mg (21.61%), Calcium: 208.17mg (20.82%), Phosphorus: 205.74mg (20.57%), Selenium: 12.88µg (18.39%), Vitamin A: 676.52IU (13.53%), Iron: 1.97mg (10.95%), Potassium: 358.86mg (10.25%), Magnesium: 35.26mg (8.82%), Manganese: 0.17mg (8.42%), Zinc: 1.24mg (8.26%), Vitamin B1: 0.12mg (7.76%), Copper: 0.15mg (7.49%), Vitamin B5: 0.69mg (6.91%), Vitamin B12: 0.38µg (6.3%), Folate: 24.96µg (6.24%), Vitamin E: 0.89mg (5.9%), Vitamin D: 0.74µg (4.94%), Fiber: 1.18g (4.74%), Vitamin K: 4.88µg (4.65%), Vitamin B3: 0.77mg (3.84%), Vitamin B6: 0.07mg (3.41%),

Vitamin C: 1.55mg (1.88%)