



## Mexican Chocolate Ice Cream Cake with Orange Meringue

READY IN



960 min.

SERVINGS



12

CALORIES



305 kcal

DESSERT

### Ingredients

- 0.3 cup flour
- 0.3 teaspoon double-acting baking powder
- 12 ounces bittersweet chocolate 61% chopped (do not exceed cacao)
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon cream of tartar
- 1 large eggs
- 4 large egg whites room temperature
- 6 large egg yolk

- 0.5 teaspoon ground cinnamon
- 1 pinch salt
- 0.5 cup sugar
- 6 tablespoons butter unsalted cut into 4 pieces ()
- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- hand mixer
- aluminum foil
- broiler
- spatula
- springform pan
- ice cream machine
- candy thermometer

## Directions

- Preheat oven to 325°F. Line inside of 9-inch-diameter springform pan with 3-inch-high sides with foil. Coat lightly with nonstick spray.
- Whisk flour and next 3 ingredients in small bowl. Melt butter in medium saucepan over medium low heat.
- Remove from heat; whisk in cocoa powder, then sugar. If batter is still hot, let cool.
- Whisk in egg and vanilla, then flour mixture.
- Spread batter over bottom of pan.

- Bake brownie layer until tester inserted into center comes out with a few moist crumbs attached, 15 to 17 minutes. Cool in pan on rack. Cover and freeze.
- Stir chocolate and 1 1/2 cups half and half in medium saucepan over medium heat until chocolate is melted, stirring often.
- Remove from heat.
- Whisk egg yolks and next 3 ingredients in medium bowl. Gradually whisk in hot chocolate mixture; return to saucepan. Cook over medium-low heat until mixture leaves path on back of spoon when finger is drawn across and custard registers 170°F to 175°F on candy thermometer, stirring constantly, 6 to 8 minutes.
- Strain custard into another medium bowl.
- Add remaining 1 1/4 cups half and half. Refrigerate until cold, about 3 hours.
- Process custard in ice cream maker.
- Transfer to pan; spread evenly over brownie layer. Cover; freeze overnight. DO AHEAD: Can be made 3 days ahead. Keep frozen.
- Using electric mixer, beat egg whites in large bowl until foamy.
- Add cream of tartar and pinch of salt. Beat until soft peaks form. With mixer running, gradually add sugar. Continue to beat until meringue forms stiff glossy peaks. Beat in orange peel.
- Spread over ice cream layer. Using spatula or back of spoon, swirl decoratively, forming peaks. Freeze until firm, at least 3 hours. DO AHEAD: Can be made 1 day ahead. Cover and keep frozen.
- Remove cake from freezer. Release pan sides; remove foil.
- Transfer cake to plate. Using kitchen torch, brown meringue or place under broiler 1 to 2 minutes to brown.

## Nutrition Facts

 PROTEIN 7.35%  FAT 56.82%  CARBS 35.83%

## Properties

Glycemic Index:20.17, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:8.4465218108633%

## Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## **Nutrients (% of daily need)**

Calories: 304.6kcal (15.23%), Fat: 19.59g (30.15%), Saturated Fat: 10.98g (68.64%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 24.51g (8.91%), Sugar: 18.94g (21.05%), Cholesterol: 124.05mg (41.35%), Sodium: 44.67mg (1.94%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 29.88mg (9.96%), Protein: 5.7g (11.4%), Manganese: 0.51mg (25.69%), Copper: 0.46mg (23.19%), Selenium: 12.26µg (17.52%), Magnesium: 64.95mg (16.24%), Iron: 2.63mg (14.58%), Phosphorus: 141.62mg (14.16%), Fiber: 3.29g (13.16%), Vitamin B2: 0.15mg (9.01%), Zinc: 1.2mg (8%), Potassium: 256.81mg (7.34%), Vitamin A: 334.42IU (6.69%), Folate: 22.14µg (5.54%), Vitamin B12: 0.28µg (4.59%), Vitamin B5: 0.45mg (4.53%), Vitamin D: 0.65µg (4.32%), Calcium: 42.75mg (4.27%), Vitamin E: 0.6mg (3.99%), Vitamin B1: 0.06mg (3.71%), Vitamin B6: 0.05mg (2.59%), Vitamin B3: 0.52mg (2.58%), Vitamin K: 2.7µg (2.57%)