



HEALTH SCORE

51%

Mexican Chocolate Icebox Cake

READY IN



45 min.

SERVINGS



12

CALORIES



4722 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup powdered sugar
- ☐ 1 ounce bittersweet chocolate grated
- ☐ 60 sponge cake mix (from three 3-ounce packages)
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted room temperature
- ☐ 4 ounces baker's chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla extract
- ☐ 2.8 cups whipping cream chilled

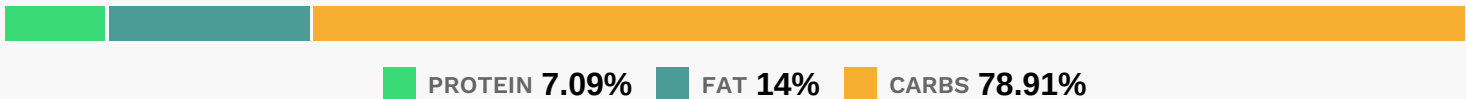
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Line bottom of 9-inch-diameter springform pan with ladyfingers. Line sides of pan with ladyfingers, standing ladyfingers side by side and rounded side out. Stir 3/4 cup whipping cream, unsweetened chocolate and 1/4 cup sugar in heavy small saucepan over low heat until chocolate melts and mixture is smooth.
- ☐ Remove saucepan from heat and cool to room temperature.
- ☐ Using electric mixer, beat 1 cup powdered sugar, butter and 1 teaspoon vanilla in large bowl until blended. Beat in cooled chocolate mixture.
- ☐ Combine remaining 2 cups cream, 2 tablespoons powdered sugar, 1 teaspoon vanilla and cinnamon in another large bowl. Using clean dry beaters, beat until firm peaks form. Fold half of whipped cream mixture into chocolate mixture.
- ☐ Spread half of chocolate filling in ladyfinger-lined pan. Top with layer of ladyfingers, then remaining chocolate filling. Pipe or spread remaining whipped cream mixture over filling.
- ☐ Sprinkle with grated semisweet chocolate. Refrigerate until firm, at least 3 hours. (Can be made 1 day ahead. Cover and keep refrigerated.)
- ☐ Remove pan sides from cake and serve.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:63.574782865203%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 4721.55kcal (236.08%), Fat: 73.73g (113.42%), Saturated Fat: 33.01g (206.32%), Carbohydrates: 934.96g (311.65%), Net Carbohydrates: 925.62g (336.59%), Sugar: 567.08g (630.09%), Cholesterol: 1612.11mg (537.37%), Sodium: 9363.59mg (407.11%), Alcohol: 0.23g (100%), Alcohol %: 0.02% (100%), Caffeine: 9.59mg (3.2%), Protein: 84g (168%), Vitamin B1: 3.67mg (244.74%), Vitamin B2: 4.15mg (244.4%), Iron: 42.67mg (237.07%), Phosphorus: 2132.99mg (213.3%), Selenium: 139.28µg (198.98%), Manganese: 3.61mg (180.36%), Folate: 710.12µg (177.53%), Vitamin B3: 29.14mg (145.71%), Calcium: 1101.16mg (110.12%), Vitamin B5: 7.34mg (73.43%), Vitamin A: 3349.8IU (67%), Copper: 1.27mg (63.73%), Vitamin B12: 3.71µg (61.79%), Zinc: 8.77mg (58.45%), Magnesium: 204.25mg (51.06%), Potassium: 1632.9mg (46.65%), Vitamin B6: 0.8mg (40.16%), Fiber: 9.35g (37.38%), Vitamin E: 4.38mg (29.18%), Vitamin D: 4.01µg (26.76%), Vitamin K: 6.55µg (6.23%)