



## Mint Chip Ice Cream Cake

READY IN



45 min.

SERVINGS



20

CALORIES



824 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups cake flour
- ☐ 6 pints ice-cream chocolate shell packed softened for 20 minutes ()
- ☐ 2 cups chocolate wafers such as nabisco famous crushed
- ☐ 20 servings sprinkles
- ☐ 0.3 teaspoon cream of tartar
- ☐ 11 large egg whites
- ☐ 2.5 teaspoons gelatin powder unflavored
- ☐ 20 servings drop natural food coloring green

- ☐ 4 cups cup heavy whipping cream chilled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup powdered sugar
- ☐ 1.8 cups sugar
- ☐ 10 tablespoons butter unsalted cooled melted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ spatula
- ☐ offset spatula
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 350°F. Coat a largerimmed baking sheet (17x13x1") withnonstick spray. Line bottom with a largesheet of parchment paper.
- ☐ Whisk flour, baking powder, and salt in amedium bowl to blend; set aside. Using anelectric mixer, beat egg whites on medium-highspeed in a large bowl until light andfrothy, 1–2 minutes. Increase speed to high;add cream of tartar. With mixer running,gradually add sugar. Beat until meringue issoft and pillowy, is tripled in volume, andmedium peaks form, 8–10 minutes.

- ☐ Using a spatula, gently fold dry ingredients into meringue, being careful not to deflate. Once flour is almost incorporated, fold in butter, oil, and vanilla; continue folding until no dry clumps of flour remain.
- ☐ Pour batter into prepared sheet; smooth top.
- ☐ Bake until cake is light golden brown and springs back slightly when pressed, 16–19 minutes.
- ☐ Transfer to a wire rack and let cool in pan for 15 minutes. Invert cake onto rack; peel off paper and let cool completely.
- ☐ Using a serrated knife, halve cake crosswise into 2 smaller rectangles. Cover and freeze at least 1 hour or up to 5 days ahead.
- ☐ Place 1 cake rectangle on a large platter or cake stand.
- ☐ Spread 1/2 cup ice cream evenly over cake.
- ☐ Sprinkle crushed cookies evenly over.
- ☐ Spread remaining ice cream over, being careful to keep cookie layer evenly intact. Top with remaining cake rectangle, pressing slightly to adhere. Using an offset spatula, smooth sides of cake. Freeze until ice cream is firm, about 2 hours.
- ☐ Place 2 tablespoons cold water into a small heatproof glass or metal bowl.
- ☐ Sprinkle gelatin over; let soften, about 10 minutes.
- ☐ Pour water to a depth of 1/2" into a small skillet set over medium heat.
- ☐ Transfer bowl with gelatin to skillet; stir until gelatin dissolves, about 2 minutes.
- ☐ Remove bowl from skillet.
- ☐ Place chilled cream in a large bowl. Using an electric mixer, beat cream while gradually adding melted gelatin. Beat until soft peaks form.
- ☐ Add powdered sugar and continue to beat until medium peaks form and whipped cream is soft and pillowy (not stiff or grainy).
- ☐ Add green food coloring to achieve a light mint-green hue, 8–10 drops; fold to blend.
- ☐ Using an offset spatula, spread whipped cream over entire cake, creating dramatic swirls on top. Scatter sprinkles over. Freeze until cream is set, at least 1 hour. DO AHEAD: Cake can be made 2 days ahead. Keep frozen.

## Nutrition Facts



 PROTEIN 5.6%  FAT 48.04%  CARBS 46.36%

## Properties

Glycemic Index:16.43, Glycemic Load:43.93, Inflammation Score:-7, Nutrition Score:13.094782653062%

## Nutrients (% of daily need)

Calories: 823.88kcal (41.19%), Fat: 45.32g (69.73%), Saturated Fat: 26.12g (163.24%), Carbohydrates: 98.41g (32.8%), Net Carbohydrates: 95.68g (34.79%), Sugar: 78.91g (87.68%), Cholesterol: 117.58mg (39.19%), Sodium: 359.09mg (15.61%), Alcohol: 0.07g (100%), Alcohol %: 0.03% (100%), Caffeine: 6.62mg (2.21%), Protein: 11.9g (23.79%), Vitamin B2: 0.52mg (30.66%), Vitamin A: 1468.2IU (29.36%), Phosphorus: 226.62mg (22.66%), Manganese: 0.44mg (22.13%), Calcium: 204.28mg (20.43%), Selenium: 14.09µg (20.12%), Copper: 0.34mg (17.07%), Magnesium: 61.68mg (15.42%), Potassium: 496.07mg (14.17%), Iron: 2.45mg (13.6%), Fiber: 2.73g (10.93%), Vitamin B5: 1.08mg (10.82%), Folate: 39.92µg (9.98%), Vitamin E: 1.46mg (9.71%), Vitamin B12: 0.54µg (8.96%), Zinc: 1.29mg (8.6%), Vitamin B1: 0.13mg (8.39%), Vitamin D: 1.15µg (7.67%), Vitamin K: 8.05µg (7.66%), Vitamin B3: 1.14mg (5.72%), Vitamin B6: 0.11mg (5.57%), Vitamin C: 1.28mg (1.55%)