



Mint-Chocolate Icebox Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.3 teaspoon peppermint extract
- ☐ 1 pound powdered sugar
- ☐ 1 cup prune purée divided
- ☐ 0.8 teaspoon salt

- ☐ 1.3 cups cocoa unsweetened
- ☐ 0.5 cup water
- ☐ 0.8 cup water boiling
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

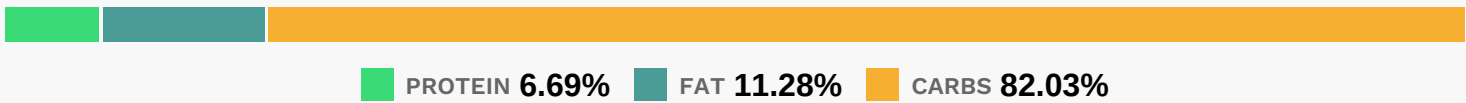
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine the first 3 ingredients in a bowl; stir well, and set aside.
- ☐ Combine cocoa, 2/3 cup Prune Pure, water, salt, peppermint extract, and sugar in a large bowl; beat at medium speed of a mixer until smooth. Reserve 3/4 cup cocoa mixture; add remaining 1/3 cup Prune Pure and eggs to remaining cocoa mixture in bowl. Beat at medium speed until smooth. Gradually add the flour mixture, beating at low speed until smooth. Stir in boiling water.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray, spreading evenly.
- ☐ Bake at 350 for 35 minutes or until the cake springs back when touched lightly in center.
- ☐ Let cool completely in pan on a wire rack.
- ☐ Fold whipped topping into reserved 3/4 cup cocoa mixture; spread over cake. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:8.26, Inflammation Score:-4, Nutrition Score:6.5782608655484%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg Epicatechin: 13.2mg, Epicatechin: 13.2mg, Epicatechin: 13.2mg, Epicatechin: 13.2mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 228.44kcal (11.42%), Fat: 3.09g (4.76%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 47.02g (17.1%), Sugar: 34.27g (38.08%), Cholesterol: 30.88mg (10.29%), Sodium: 233.55mg (10.15%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Caffeine: 25.27mg (8.42%), Protein: 4.12g (8.25%), Manganese: 0.38mg (18.97%), Copper: 0.31mg (15.72%), Fiber: 3.57g (14.3%), Selenium: 7.93µg (11.33%), Magnesium: 43.43mg (10.86%), Iron: 1.76mg (9.8%), Phosphorus: 93.7mg (9.37%), Vitamin B2: 0.15mg (8.6%), Vitamin B1: 0.11mg (7.2%), Folate: 28.19µg (7.05%), Vitamin K: 7µg (6.67%), Potassium: 226.87mg (6.48%), Vitamin B3: 1.15mg (5.73%), Zinc: 0.71mg (4.73%), Calcium: 27.66mg (2.77%), Vitamin A: 136.42IU (2.73%), Vitamin B6: 0.05mg (2.57%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.09µg (1.54%), Vitamin E: 0.19mg (1.29%), Vitamin D: 0.17µg (1.1%)