



Mocha Chocolate Icebox Cake

READY IN



740 min.

SERVINGS



8

CALORIES



905 kcal

DESSERT

Ingredients

- ☐ 24 ounce chocolate chip cookie mix such as tate's bake shop
- ☐ 0.3 cup rum / brandy / coffee liqueur such as kahlua
- ☐ 2 cups heavy cream cold
- ☐ 1 teaspoon espresso powder instant
- ☐ 12 ounces mascarpone cheese italian
- ☐ 8 servings bittersweet chocolate shaved for garnish
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened such as pernigotti
- ☐ 1 teaspoon vanilla extract pure

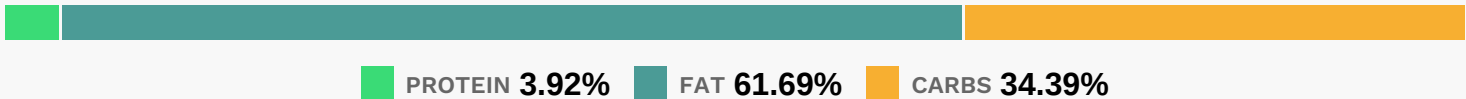
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In the bowl of an electric mixer fitted with the whisk attachment, combine the heavy cream, mascarpone, sugar, coffee liqueur, cocoa powder, espresso powder, and vanilla.
- ☐ Mix on low speed to combine and then slowly raise the speed, until it forms firm peaks.
- ☐ To assemble the cake, arrange chocolate chip cookies flat in an 8-inch springform pan, covering the bottom as much as possible. (I break some cookies to fill in the spaces.)
- ☐ Spread a fifth of the mocha whipped cream evenly over the cookies.
- ☐ Place another layer of cookies on top, lying flat and touching, followed by another fifth of the cream. Continue layering cookies and cream until there are 5 layers of each, ending with a layer of cream. Smooth the top, cover with plastic wrap, and refrigerate overnight.
- ☐ Run a small sharp knife around the outside of the cake and remove the sides of the pan.
- ☐ Sprinkle the top with the chocolate, cut in wedges, and serve cold.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:35.59, Inflammation Score:-7, Nutrition Score:7.613043502621%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 905.4kcal (45.27%), Fat: 61.73g (94.97%), Saturated Fat: 34.09g (213.03%), Carbohydrates: 77.43g (25.81%), Net Carbohydrates: 74.5g (27.09%), Sugar: 45.67g (50.75%), Cholesterol: 116.62mg (38.87%), Sodium: 345.95mg (15.04%), Alcohol: 1.77g (100%), Alcohol %: 1.07% (100%), Caffeine: 7.66mg (2.55%), Protein: 8.82g (17.65%), Vitamin A: 1470.49IU (29.41%), Vitamin B1: 0.29mg (19.59%), Vitamin B2: 0.27mg (15.96%), Folate: 59.76µg (14.94%), Fiber: 2.92g (11.7%), Magnesium: 40.7mg (10.17%), Calcium: 101.38mg (10.14%), Vitamin B3: 1.81mg (9.06%), Phosphorus: 88.37mg (8.84%), Iron: 1.33mg (7.39%), Potassium: 241.4mg (6.9%), Vitamin D: 0.95µg (6.35%), Zinc: 0.68mg (4.55%), Vitamin E: 0.55mg (3.7%), Copper: 0.07mg (3.39%), Manganese: 0.07mg (3.28%), Selenium: 2.14µg (3.05%), Vitamin K: 2.01µg (1.91%), Vitamin B12: 0.1µg (1.62%), Vitamin B5: 0.16mg (1.58%), Vitamin B6: 0.02mg (1.14%)