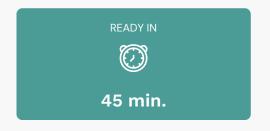
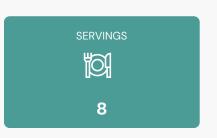


Mocha Chocolate Icebox Cake

Gluten Free







DESSERT

Ingredients

2 cup neavy cream cold
1 teaspoon espresso grounds instant
O.3 cup kahlua
12 ounce mascarpone cheese italian
2 ounce bittersweet chocolate shaved for garnish
0.5 cup sugar
2 tablespoon cocoa powder unsweetened
1 teaspoon vanilla extract

Equipment		
	bowl	
	frying pan	
	knife	
	whisk	
	plastic wrap	
	hand mixer	
	springform pan	
Directions		
	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		
	PROTEIN 4.25% FAT 77.53% CARBS 18.22%	

Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-7, Nutrition Score:4.8734782441803%

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:

Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 512.85kcal (25.64%), Fat: 43.56g (67.02%), Saturated Fat: 27.26g (170.39%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.01g (8%), Sugar: 20.35g (22.61%), Cholesterol: 110.18mg (36.73%), Sodium: 41.23mg (1.79%), Alcohol: 1.77g (100%), Alcohol %: 1.72% (100%), Caffeine: 12.9mg (4.3%), Protein: 5.37g (10.74%), Vitamin A: 1473.53IU (29.47%), Calcium: 105.15mg (10.52%), Manganese: 0.15mg (7.31%), Copper: 0.14mg (7.19%), Vitamin B2: 0.12mg (7.13%), Vitamin D: 0.95µg (6.35%), Phosphorus: 62.52mg (6.25%), Magnesium: 23.34mg (5.84%), Fiber: 1.03g (4.12%), Vitamin E: 0.59mg (3.94%), Iron: 0.69mg (3.85%), Selenium: 2.65µg (3.79%), Potassium: 121.13mg (3.46%), Zinc: 0.42mg (2.79%), Vitamin K: 2.45µg (2.33%), Vitamin B12: 0.11µg (1.8%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.01%)