



Mocha Chocolate Icebox Cake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



513 kcal

DESSERT

Ingredients

- 2 cup heavy cream cold
- 1 teaspoon espresso grounds instant
- 0.3 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



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: 0.13mg, Quercetin: 0.13mg,

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%)