



WHATSheATE



Mocha Ice Cream Cake

READY IN



45 min.

SERVINGS



12

CALORIES



644 kcal

DESSERT

Ingredients

- ☐ 0.3 cup general foods international suisse mocha cafe
- ☐ 6 ounces chocolate wafers such as nabisco famous
- ☐ 2 quarts whipped cream softened
- ☐ 12 servings milk chocolate shavings
- ☐ 1 cup powdered sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2.3 cups whipping cream chilled

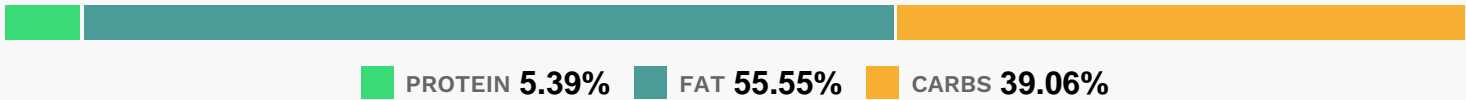
Equipment

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

Directions

- ☐ Blend cookies in processor until finely ground.
- ☐ Add melted butter; process until crumbs are moistened. Press crumb mixture onto bottom of 9-inch-diameter springform pan with 2 3/4-inch-high sides. Freeze until firm, about 10 minutes.
- ☐ Place ice cream in large bowl. Finely chop coffee beans in processor.
- ☐ Add to bowl with ice cream; stir until well blended.
- ☐ Transfer ice cream mixture to crust-lined pan. Smooth top. Cover with plastic wrap. Freeze overnight.
- ☐ Combine whipping cream and vanilla in another large bowl. Sift powdered sugar and cocoa over. Using electric mixer, beat until soft peaks form.
- ☐ Spread mixture over top of cake. Freeze until cream is set, at least 1 hour. (Can be made 2 days ahead. Cover; keep frozen.)
- ☐ Sprinkle chocolate shavings over top of cake. Run knife between pan sides and cake to loosen.
- ☐ Remove pan sides. Using small metal spatula or knife, smooth cake sides.
- ☐ Let cake stand at cool room temperature 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:26.9, Inflammation Score:-7, Nutrition Score:11.635652127473%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 643.53kcal (32.18%), Fat: 40.6g (62.46%), Saturated Fat: 24.59g (153.69%), Carbohydrates: 64.23g (21.41%), Net Carbohydrates: 60.88g (22.14%), Sugar: 52.28g (58.09%), Cholesterol: 128.31mg (42.77%), Sodium: 223.08mg (9.7%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Caffeine: 50.14mg (16.71%), Protein: 8.87g (17.74%), Vitamin B2: 0.53mg (30.89%), Vitamin A: 1409.68IU (28.19%), Calcium: 246.62mg (24.66%), Phosphorus: 246.33mg (24.63%), Manganese: 0.29mg (14.49%), Magnesium: 57.5mg (14.38%), Copper: 0.28mg (14.15%), Fiber: 3.35g (13.38%), Potassium: 463.61mg (13.25%), Vitamin B12: 0.71µg (11.78%), Zinc: 1.69mg (11.25%), Vitamin B5: 1.11mg (11.05%), Selenium: 5.81µg (8.3%), Iron: 1.45mg (8.06%), Vitamin E: 1.09mg (7.25%), Vitamin D: 1.08µg (7.21%), Vitamin B1: 0.11mg (7.1%), Vitamin B6: 0.11mg (5.25%), Folate: 17.73µg (4.43%), Vitamin B3: 0.73mg (3.66%), Vitamin K: 2.93µg (2.79%), Vitamin C: 1.21mg (1.47%)