



Mocha Icebox Cake

READY IN



45 min.

SERVINGS



8

CALORIES



666 kcal

Ingredients

- ☐ 12 ounces bittersweet chocolate finely chopped
- ☐ 26 chocolate wafers such as nabisco famous
- ☐ 2 cups cup heavy whipping cream chilled
- ☐ 1 tablespoon espresso powder instant
- ☐ 1.5 tablespoons rum / brandy / coffee liqueur
- ☐ 2.5 cups marshmallows mini
- ☐ 3.5 ounces bittersweet chocolate finely chopped

Equipment

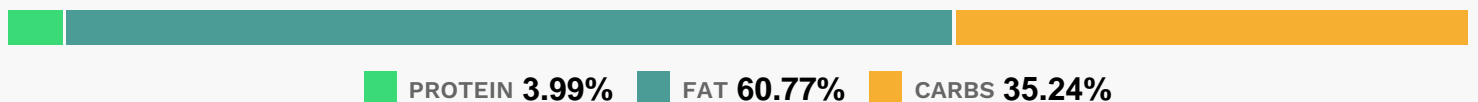
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ offset spatula

Directions

- ☐ Make cake: Line a 9-inch loaf pan with plastic wrap; tuck it into corners and leave a 1-inch overhang.
- ☐ Mix 1/2 cup cream, marshmallows and espresso powder in a saucepan. Cook over medium-low heat, stirring, until marshmallows melt and espresso dissolves.
- ☐ Remove from heat; whisk in chocolate until melted.
- ☐ Scrape into a bowl; let cool to room temperature, whisking occasionally, 20 to 25 minutes.
- ☐ Pour remaining 1 1/2 cups cream into a bowl; whip with an electric mixer until soft peaks form. Fold a cup of whipped cream into chocolate mixture. Gently fold chocolate mixture into remaining whipped cream, taking care not to deflate cream. Arrange 3 cookies in a single layer on bottom of pan. Scrape 1 cup of mousse over cookies and smooth with an offset spatula. Stand one cookie up on each short end of pan.
- ☐ Arrange 3 cookies on top of mousse.
- ☐ Spread quarter of remaining mousse evenly over cookies. Repeat with remaining ingredients, forming 5 layers of mousse and ending with cookies. Cover pan with plastic; freeze for at least 6 hours.
- ☐ Make sauce: Melt chocolate and 8 Tbsp. water in a bowl set over pan of simmering water. Stir in liqueur, if desired.
- ☐ Serve cake with sauce.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:14.37, Inflammation Score:-7, Nutrition Score:12.769999905773%

Nutrients (% of daily need)

Calories: 666.3kcal (33.32%), Fat: 45.33g (69.74%), Saturated Fat: 26.63g (166.41%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 54.08g (19.66%), Sugar: 39.51g (43.9%), Cholesterol: 70.92mg (23.64%), Sodium: 147.61mg (6.42%), Alcohol: 0.61g (100%), Alcohol %: 0.51% (100%), Caffeine: 68.81mg (22.94%), Protein: 6.7g (13.4%), Manganese: 0.88mg (43.8%), Copper: 0.8mg (39.92%), Magnesium: 113.53mg (28.38%), Iron: 4.38mg (24.31%), Phosphorus: 206.2mg (20.62%), Fiber: 5.07g (20.29%), Vitamin A: 904.45IU (18.09%), Potassium: 431.82mg (12.34%), Zinc: 1.82mg (12.13%), Vitamin B2: 0.19mg (11.25%), Selenium: 7.85µg (11.22%), Calcium: 80.72mg (8.07%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.95µg (6.35%), Vitamin B3: 1.24mg (6.22%), Vitamin K: 6.34µg (6.04%), Vitamin B1: 0.07mg (4.62%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.21µg (3.53%), Folate: 11.7µg (2.93%), Vitamin B6: 0.05mg (2.5%)