



Mud Slide Ice Cream Cake

READY IN



360 min.

SERVINGS



15

CALORIES



353 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix
- 0.5 cup butter softened
- 1 eggs
- 2 tablespoons milk
- 2 tablespoons strong coffee decoction
- 4 cups whipped cream
- 12 oz chocolate frosting
- 2 tablespoons rum / brandy / coffee liqueur

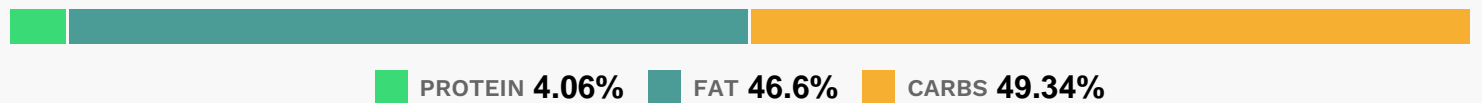
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan. In large bowl, beat cake mix, butter, egg and milk with spoon or electric mixer on low speed until well blended.
- Spread batter in pan.
- Bake 16 to 18 minutes or until center is set (top may appear dry and cracked). Cool completely, about 1 hour.
- Brush 2 tablespoons liqueur over cake.
- Let ice cream stand about 15 minutes at room temperature to soften.
- Spread ice cream over cake. Freeze about 3 hours or until firm.
- In medium bowl, mix frosting and 2 tablespoons liqueur; spread over ice cream. Freeze at least 1 hour. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:4.95, Inflammation Score:-4, Nutrition Score:5.4073912332887%

Nutrients (% of daily need)

Calories: 352.84kcal (17.64%), Fat: 18.8g (28.92%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 43.64g (15.87%), Sugar: 32.62g (36.25%), Cholesterol: 26.64mg (8.88%), Sodium: 383.74mg (16.68%), Alcohol: 0.43g (100%), Alcohol %: 0.53% (100%), Caffeine: 4.41mg (1.47%), Protein: 3.69g (7.38%), Phosphorus: 142.26mg (14.23%), Calcium: 96.48mg (9.65%), Iron: 1.7mg (9.45%), Vitamin B2: 0.15mg (9.11%), Vitamin A: 439.02IU (8.78%), Copper: 0.17mg (8.54%), Selenium: 5.32µg (7.61%), Vitamin E: 1.05mg (6.97%),

Potassium: 220.73mg (6.31%), Manganese: 0.12mg (6.14%), Magnesium: 24.1mg (6.03%), Folate: 21.34µg (5.33%), Vitamin B1: 0.07mg (4.64%), Fiber: 1.14g (4.57%), Zinc: 0.59mg (3.9%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.18µg (3.03%), Vitamin B3: 0.54mg (2.69%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.22µg (1.16%), Vitamin D: 0.15µg (1.01%)