



Mud Slide Ice Cream Cake

READY IN



360 min.

SERVINGS



15

CALORIES



383 kcal

DESSERT

Ingredients

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

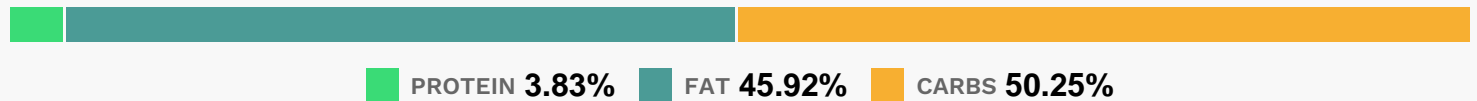
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350F (325F 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:5.635217367307%

Nutrients (% of daily need)

Calories: 382.7kcal (19.14%), Fat: 20.12g (30.95%), Saturated Fat: 6.39g (39.97%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 48.33g (17.57%), Sugar: 36.96g (41.07%), Cholesterol: 26.64mg (8.88%), Sodium: 397.5mg (17.28%), Alcohol: 0.43g (100%), Alcohol %: 0.5% (100%), Caffeine: 4.56mg (1.52%), Protein: 3.77g (7.54%), Phosphorus: 148.21mg (14.82%), Iron: 1.81mg (10.04%), Calcium: 97.08mg (9.71%), Copper: 0.19mg (9.29%), Vitamin B2: 0.16mg (9.19%), Vitamin A: 439.1IU (8.78%), Vitamin E: 1.16mg (7.75%), Selenium: 5.38µg (7.69%), Manganese:

0.14mg (7.04%), Potassium: 235.47mg (6.73%), Magnesium: 25.68mg (6.42%), Folate: 21.41µg (5.35%), Fiber: 1.21g (4.84%), Vitamin B1: 0.07mg (4.71%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.18µg (3.03%), Vitamin B3: 0.55mg (2.74%), Vitamin B6: 0.04mg (1.83%), Vitamin K: 1.22µg (1.16%), Vitamin D: 0.15µg (1.01%)