



## Nifty '50s Ice-Cream Cone Cakes

READY IN



50 min.

SERVINGS



12

CALORIES



368 kcal

DESSERT

### Ingredients

- ☐ 12 flat-bottom ice-cream cone
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 0.3 cup liquid malt extract
- ☐ 0.3 cup cocoa powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vinegar white

- ☐ 0.5 teaspoon vanilla
- ☐ 0.7 cup water cold
- ☐ 1 quart whipped cream
- ☐ 1 serving non-dairy whipped topping frozen thawed
- ☐ 12 maraschino cherries
- ☐ 6 frangelico

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350°F.
- ☐ Place cones upright in medium muffin cups, 2 1/2x1 1/4 inches, or rectangular pan, 13x9x2 inches.
- ☐ Mix flour, sugar, malted milk powder, cocoa, baking soda and salt in medium bowl. Beat oil, vinegar and vanilla with wire whisk. Stir oil mixture and water into flour mixture about 1 minute or until well mixed.
- ☐ Pour batter into cones, filling each to within about 1 inch of top.
- ☐ Bake about 30 minutes or until toothpick inserted in center of cake comes out clean.
- ☐ Remove cones from muffin cups to wire rack; cool completely.
- ☐ Top each cake with a small scoop of ice cream; freeze until ready to serve but no longer than 1 hour. Just before serving, cut straws in half and insert into ice cream.
- ☐ Garnish each with a dollop of whipped topping; top with cherry.

## Nutrition Facts



**PROTEIN 6.18%** **FAT 34.73%** **CARBS 59.09%**

## Properties

Glycemic Index:27.67, Glycemic Load:33.19, Inflammation Score:-4, Nutrition Score:7.82347825039999

## Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 367.71kcal (18.39%), Fat: 14.4g (22.15%), Saturated Fat: 6.48g (40.49%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 53.23g (19.36%), Sugar: 35.53g (39.48%), Cholesterol: 35.54mg (11.85%), Sodium: 248.51mg (10.8%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.76g (11.53%), Vitamin B2: 0.33mg (19.6%), Vitamin B1: 0.2mg (13.64%), Phosphorus: 133.2mg (13.32%), Manganese: 0.25mg (12.36%), Calcium: 123.5mg (12.35%), Folate: 43.95µg (10.99%), Selenium: 7.24µg (10.34%), Vitamin K: 9.1µg (8.66%), Vitamin B3: 1.59mg (7.95%), Iron: 1.42mg (7.9%), Fiber: 1.9g (7.6%), Copper: 0.15mg (7.44%), Magnesium: 29.56mg (7.39%), Potassium: 240.87mg (6.88%), Vitamin A: 342.32IU (6.85%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.59mg (5.87%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.64mg (4.28%), Vitamin B6: 0.07mg (3.28%), Vitamin D: 0.16µg (1.05%)