



Oreo Ice Cream Cake

READY IN



11 min.

SERVINGS



8

CALORIES



774 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoons baking soda
- ☐ 1.5 tablespoons butter cut into small chunks at room temperature
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup very coffee hot boiling
- ☐ 7 ounces eagle brand condensed milk canned ()
- ☐ 7 oz condensed milk canned
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.3 cup dutch cocoa powder

- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose (110 grams)
- ☐ 1 cup granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 8 servings garnish: decorating icing crushed (see note)
- ☐ 2 tablespoons milk
- ☐ 0.8 cup oreo minis chopped (use however many you want)
- ☐ 4 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoons vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon water hot
- ☐ 1 cup whipping cream

Equipment

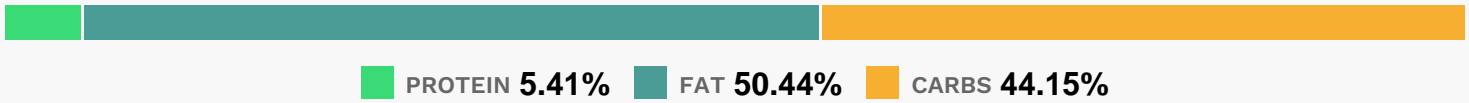
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350F. Grease and flour two 9x2 inch round metal pans. If your pans are dark (black), use 325 degrees F. In a mixing bowl, stir together sugar, flour, cocoa, baking powder, baking soda and salt.
- ☐ Add egg, milk, oil and vanilla; stir until well mixed. Stir in boiling water (batter will be thin), and stir until mixed. Batter may have a few lumps in it,
- ☐ Pour batter into prepared pans (unless you doubled it, the layers should be very thin) and bake for 20 minutes or until wooden pick inserted in center comes out clean.
- ☐ Let cool 10 minutes; remove from pans and let cool on a wire rack. Line the inside of one of the 9x2 inch pans (make sure it's cool) with plastic wrap (Press & Seal works well). Put one of the cake layers in the lined pan and put in the freezer while you make the ice cream. To make the ice cream, beat 1 cup of the cream in a mixing bowl with a handheld electric mixer until stiff peaks form. In a second bowl, beat together the remaining 2 tablespoons of cream, 2 tablespoons of milk, 7 ounces (2/3 cup) condensed milk (weigh it out if you can) and vanilla extract. Fold in the whipped cream and about half of the chopped Oreos.
- ☐ Pour this mixture over the cake that's in the lined pan. Return to freezer and freeze for 4 hours or until very firm
- ☐ Prepare the fudge sauce.
- ☐ Combine the chocolate chips and condensed milk in a small saucepan and heat over medium low, stirring gently to melt the chips.
- ☐ Remove from heat and stir in the butter. Stir until butter melts.
- ☐ Add the water and vanilla.
- ☐ Let mixture cool to room temperature.
- ☐ Spread the room temperature fudge sauce over the firm ice cream, then scatter remaining Oreos over the fudge sauce. Cap with the other layer of cake and put everything back in the freezer overnight or until very solid.
- ☐ Put the cream in a bowl and whip until stiff peaks start to form. Beat in the sugar and vanilla. Lift the cake from the pan by pulling up the plastic wrap and spread cream mixture all over the cake.
- ☐ Put the cake back in the freeze until your whipped cream icing is firm. To serve, set on a cake platter and decorate with chocolate syrup, chocolate flavored or regular sweetened whipped cream.
- ☐ Sprinkle crushed Oreos in the center.

Let the cake stand for about 10 minutes before you cut it, or cut it and let the cut pieces stand for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:66.64, Glycemic Load:41.19, Inflammation Score:-7, Nutrition Score:13.976087051889%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 774.28kcal (38.71%), Fat: 44.25g (68.07%), Saturated Fat: 24.52g (153.27%), Carbohydrates: 87.14g (29.05%), Net Carbohydrates: 84.97g (30.9%), Sugar: 69.31g (77.01%), Cholesterol: 119.77mg (39.92%), Sodium: 482.13mg (20.96%), Alcohol: 0.77g (100%), Alcohol %: 0.41% (100%), Caffeine: 12.86mg (4.29%), Protein: 10.68g (21.35%), Vitamin B2: 0.52mg (30.68%), Calcium: 277.67mg (27.77%), Phosphorus: 264.21mg (26.42%), Selenium: 17.68µg (25.26%), Vitamin A: 1179.81IU (23.6%), Vitamin K: 20.2µg (19.23%), Iron: 3.21mg (17.84%), Manganese: 0.32mg (15.84%), Vitamin B1: 0.21mg (13.85%), Potassium: 455.51mg (13.01%), Vitamin E: 1.92mg (12.8%), Magnesium: 48.4mg (12.1%), Folate: 45.9µg (11.47%), Copper: 0.22mg (10.83%), Zinc: 1.57mg (10.46%), Vitamin D: 1.44µg (9.58%), Vitamin B5: 0.94mg (9.38%), Fiber: 2.17g (8.7%), Vitamin B12: 0.51µg (8.53%), Vitamin B3: 1.47mg (7.33%), Vitamin B6: 0.09mg (4.71%), Vitamin C: 1.7mg (2.06%)