



Peppermint Ice-Cream Cake

READY IN



1540 min.

SERVINGS



12

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups cake flour sifted
- ☐ 0.5 cup canola oil
- ☐ 1 teaspoon cream of tartar
- ☐ 8 large egg whites
- ☐ 4 large egg yolk
- ☐ 1.3 cups granulated sugar divided
- ☐ 3 cups cup heavy whipping cream
- ☐ 0.5 cup milk

- ☐ 1 cup peppermint candies hard crushed finely (40 pieces)
- ☐ 12 servings peppermint candies hard crushed
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 whipped cream softened
- ☐ 12 servings frangelico
- ☐ 12 servings frangelico

Equipment

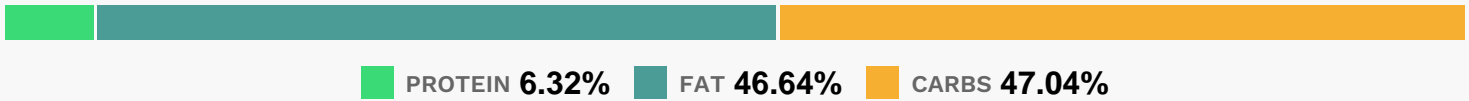
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ wax paper
- ☐ offset spatula

Directions

- ☐ Prepare Chiffon Cake
- ☐ Layers: Preheat oven to 32
- ☐ Lightly grease bottoms of 4 disposable cake pans; line bottoms with wax paper, and lightly grease.
- ☐ Whisk together flour, next 2 ingredients, and 1 cup sugar in bowl of a heavy-duty electric stand mixer.
- ☐ Whisk together oil and next 3 ingredients; add to flour mixture, and beat at medium speed 1 to 2 minutes or until smooth.
- ☐ Beat egg whites at medium speed until foamy.

- ☐ Add cream of tartar; beat at high speed until soft peaks form. Gradually add remaining 1/4cup sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar dissolves. Gently stir one-fourth egg white mixture into flour mixture; gently fold in remaining egg white mixture. Divide batter among prepared pans, spreading with an offset spatula. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 325 for 14 to 16 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks; discard wax paper. Cool completely. Wrap layers in plastic wrap, and freeze 12 hours.
- ☐ Meanwhile, prepare Ice-Cream
- ☐ Layers: Line 3 disposable cake pans with plastic wrap, allowing 6 to 8 inches to extend over sides. Stir together ice cream and candies in a large bowl. Divide mixture among prepared pans (about 2 1/2 cups per pan), spreading to within 1/2 inch of sides of pans. (The cake layers shrink a little as they cool, so this helps ensure that the ice-cream layers will be the same size.) Cover with plastic wrap, and freeze 12 to 24 hours.
- ☐ Remove plastic wrap.
- ☐ Place 1 layer of cake on a serving plate; top with 1 layer of ice cream. Repeat with remaining layers of cake and ice cream, ending with cake on top. Wrap entire cake with plastic wrap, and freeze 12 to 24 hours.
- ☐ Prepare Frosting: Beat cream and vanilla at medium speed until foamy. Increase speed to medium-high, and gradually add powdered sugar, beating until stiff peaks form. (Do not overbeat or cream will be grainy.)
- ☐ Remove cake from freezer.
- ☐ Spread top and sides with Whipped Cream Frosting.
- ☐ Serve immediately, or freeze up to 12 hours. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:34.77, Inflammation Score:-5, Nutrition Score:6.6578260945237%

Nutrients (% of daily need)

Calories: 493.01kcal (24.65%), Fat: 25.63g (39.43%), Saturated Fat: 14.61g (91.29%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 57.66g (20.97%), Sugar: 38.46g (42.73%), Cholesterol: 129.67mg (43.22%), Sodium: 245.32mg (10.67%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 7.82g (15.64%), Selenium: 17.98µg (25.69%), Vitamin A: 973.43IU (19.47%), Vitamin B2: 0.27mg (15.89%), Calcium: 113.14mg (11.31%), Phosphorus: 108.72mg (10.87%), Vitamin D: 1.37µg (9.13%), Manganese: 0.17mg (8.71%), Vitamin E: 1.11mg (7.39%), Potassium: 177.17mg (5.06%), Vitamin B5: 0.49mg (4.92%), Vitamin B12: 0.28µg (4.68%), Folate: 18.41µg (4.6%), Magnesium: 13.57mg (3.39%), Zinc: 0.5mg (3.35%), Vitamin K: 3.37µg (3.21%), Vitamin B1: 0.05mg (3.01%), Iron: 0.54mg (2.97%), Copper: 0.06mg (2.83%), Vitamin B6: 0.06mg (2.79%), Fiber: 0.5g (2.01%), Vitamin B3: 0.28mg (1.42%)