



Peppermint Ice Cream Cake

READY IN



45 min.

SERVINGS



16

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter melted
- ☐ 1 cup t brown sugar dark packed
- ☐ 0.8 cup egg substitute
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3 cups whipped cream light low-fat softened (such as Edy's/Dreyer's Slow-Churned)
- ☐ 8 peppermint candies crushed

- ☐ 0.1 teaspoon peppermint extract
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup water boiling
- ☐ 3 cups cool whip fat-free frozen thawed

Equipment

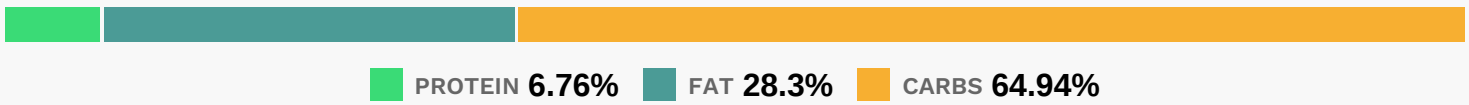
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ cake form
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat 2 (8-inch) round cake pans with cooking spray. Line bottom of each pan with wax paper.
- ☐ Combine cocoa, water, and butter, stirring with a whisk until blended. Cool.
- ☐ Combine sugars in a large bowl, stirring well until blended.
- ☐ Add egg substitute; beat 2 minutes or until light and creamy.
- ☐ Add cocoa mixture, and beat for 1 minute.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt. Gradually add flour mixture to bowl; beat for 1 minute or until blended. Stir in vanilla.

- ☐ Pour batter into prepared pans.
- ☐ Bake at 350 for 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack.
- ☐ Remove from pans. Wrap in plastic wrap, and freeze for 2 hours or until slightly frozen.
- ☐ Spread ice cream in an 8-inch round cake pan lined with plastic wrap. Cover and freeze 4 hours or until firm.
- ☐ To assemble cake, place one cake layer, bottom side up, on a cake pedestal.
- ☐ Remove ice cream layer from freezer; remove plastic wrap.
- ☐ Place ice cream layer, bottom side up, on top of cake layer. Top with remaining cake layer.
- ☐ Combine whipped topping and peppermint extract, and stir until blended.
- ☐ Spread frosting over top and sides of cake.
- ☐ Sprinkle with crushed peppermints. Freeze until ready to serve.
- ☐ Let cake stand at room temperature 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:16.11, Inflammation Score:-4, Nutrition Score:6.4565217339474%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 255.99kcal (12.8%), Fat: 8.37g (12.88%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 41.18g (14.98%), Sugar: 29.16g (32.4%), Cholesterol: 24.43mg (8.14%), Sodium: 211.79mg (9.21%), Alcohol: 0.18g (100%), Alcohol %: 0.22% (100%), Caffeine: 9.27mg (3.09%), Protein: 4.5g (9%), Vitamin B2: 0.26mg (15.42%), Selenium: 10.4µg (14.86%), Manganese: 0.25mg (12.47%), Copper: 0.19mg (9.5%), Vitamin B1: 0.14mg (9.45%), Phosphorus: 90.74mg (9.07%), Calcium: 82.55mg (8.26%), Iron: 1.48mg (8.23%), Fiber: 2.04g (8.18%), Magnesium: 30.58mg (7.64%), Folate: 28.9µg (7.22%), Vitamin B12: 0.35µg (5.86%), Vitamin A: 285.32IU (5.71%), Potassium: 182.97mg (5.23%), Zinc: 0.69mg (4.63%), Vitamin B3: 0.91mg (4.55%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.06mg (3%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.23µg (1.53%)