



WHATSheATE



Pop-Art Raspberry Icebox Cake

READY IN



45 min.

SERVINGS



6

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate cooled melted
- ☐ 27 chocolate wafers such as nabisco famous
- ☐ 2 tablespoons raspberry liqueur (raspberry liqueur)
- ☐ 1 envelope gelatin powder unflavored
- ☐ 2 cups cup heavy whipping cream chilled
- ☐ 12 ounce raspberries frozen
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons water cold

Equipment

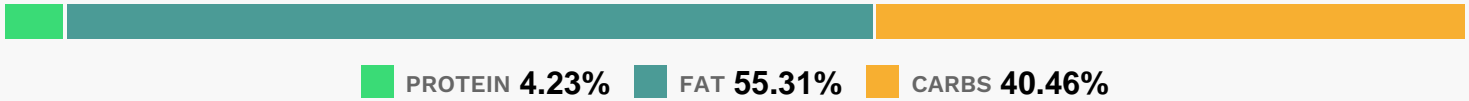
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Line a 9 1/2 x 4 x 3-inch loaf pan with plastic wrap, making sure the wrap is tucked into all the corners and there is at least 1 inch overhanging the top of the pan on all sides. Working with one cookie at a time, spread the more rounded side of 9 of the wafer cookies with a thin layer of melted chocolate and place 3 of them, chocolate side down, on the bottom of the pan.
- ☐ Place another 3 cookies against each long side of the pan, chocolate-coated sides facing the pan.
- ☐ Place the pan in the freezer.
- ☐ Sprinkle the gelatin over the cold water in a small bowl and let soften for 2 minutes.
- ☐ Combine the raspberries and sugar in a medium-size heavy saucepan and cook over medium-low heat, stirring a few times, until the sugar dissolves and the mixture is warm to the touch. Stir in the gelatin mixture.
- ☐ Let cool to room temperature, stirring occasionally.
- ☐ Combine the heavy cream, framboise, and vanilla in a large bowl and, using an electric mixer, whip until stiff peaks form. Gently fold in the cooled raspberry mixture, taking care not to deflate the cream.
- ☐ Remove the pan from the freezer.
- ☐ Pour all but one-fourth of the mousse into the pan. Smooth the top with a rubber spatula. Insert the remaining 18 wafers into the mousse, arranging them vertically in three rows of six so they are lined up with the chocolate wafers on the sides of the pan.

- ☐ Spread the remaining mousse over the wafers and smooth with the spatula. The pan should be full to the top. Cover with plastic wrap and freeze until completely set, overnight and up to 1 week.
- ☐ To unmold, gently tug the plastic wrap that lines the pan to loosen the cake.
- ☐ Place a serving platter over the pan and turn over. Gently tap to release. Carefully peel the plastic from the cake.
- ☐ Cut into slices and serve immediately.
- ☐ Reprinted with permission from
- ☐ Icebox Desserts, March 2005, By Lauren Chattman, The Harvard Common Press

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:27.51, Inflammation Score:-7, Nutrition Score:11.094782570134%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 588.32kcal (29.42%), Fat: 36.56g (56.24%), Saturated Fat: 21.49g (134.31%), Carbohydrates: 60.18g (20.06%), Net Carbohydrates: 54.82g (19.93%), Sugar: 45.03g (50.04%), Cholesterol: 90.75mg (30.25%), Sodium: 182.9mg (7.95%), Alcohol: 1.53g (100%), Alcohol %: 0.92% (100%), Caffeine: 12.13mg (4.04%), Protein: 6.3g (12.6%), Manganese: 0.7mg (34.92%), Vitamin A: 1192.88IU (23.86%), Fiber: 5.36g (21.44%), Vitamin C: 15.33mg (18.58%), Copper: 0.33mg (16.67%), Vitamin B2: 0.26mg (15.05%), Magnesium: 49.53mg (12.38%), Phosphorus: 123.46mg (12.35%), Iron: 2.18mg (12.11%), Vitamin E: 1.47mg (9.82%), Vitamin D: 1.27µg (8.46%), Calcium: 82mg (8.2%), Vitamin K: 8.29µg (7.89%), Potassium: 274.44mg (7.84%), Selenium: 5.45µg (7.79%), Folate: 28.12µg (7.03%), Zinc: 0.98mg (6.54%), Vitamin B3: 1.25mg (6.26%), Vitamin B1: 0.09mg (6.16%), Vitamin B5: 0.52mg (5.22%), Vitamin B6: 0.08mg

(3.81%), Vitamin B12: 0.17µg (2.8%)