



WHATSheATE



Raspberry Chocolate Wafer Icebox Cake

Popular

READY IN



495 min.

SERVINGS



8

CALORIES



647 kcal

DESSERT

Ingredients

- ☐ 1.5 packages chocolate wafers such as nabisco famous
- ☐ 4 cups cup heavy whipping cream
- ☐ 1 cup raspberries frozen thawed (1 raspberries)
- ☐ 4 tablespoons sugar
- ☐ 1 tablespoon vanilla extract

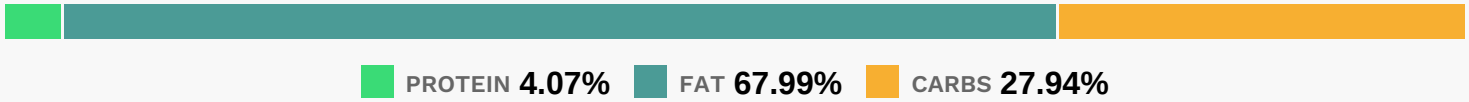
Equipment

- ☐ bowl
- ☐ offset spatula

Directions

- ☐
- In a large bowl, whip the heavy whipping cream with the sugar & vanilla extract on a medium high speed until the cream thickens slightly in the middle. Once the cream begins to thicken, whip on high speed for 30 seconds to 1 minute until soft peaks form. Do not over beat. Fold in raspberries (be sure to leave a few to garnish top of cake)Using a least a 9" flat plate or cardboard cake round, and an offset spatula, begin by putting a very thin layer of whip cream on the plate, spinning and smoothing the cream out to the inner edge of the plate. This will help keep the first layer of wafers in place.Arrange seven wafers, side by side in a circle, keeping 1 cookie in the center. Scoop about 1/2–3/4 cup of whipped cream onto wafers and gently spread the cream in a thin layer until you can barely see the edge of the wafers.Continue to layer the wafers with the cream, making sure to end with the whipped cream layer on the top (you should end with about 7–10 layers).
- ☐
- Garnish with raspberries and chocolate shavings.Cover and refrigerate for at least 5 hours or overnight before cutting & serving.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:20.8, Inflammation Score:-8, Nutrition Score:10.380434741145%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 647.21kcal (32.36%), Fat: 49.87g (76.72%), Saturated Fat: 29.4g (183.75%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 43.51g (15.82%), Sugar: 28.21g (31.35%), Cholesterol: 135.43mg (45.14%), Sodium: 309.8mg

(13.47%), Alcohol: 0.56g (100%), Alcohol %: 0.37% (100%), Caffeine: 4.78mg (1.59%), Protein: 6.72g (13.43%), Vitamin A: 1759.99IU (35.2%), Manganese: 0.44mg (21.92%), Vitamin B2: 0.36mg (21.13%), Phosphorus: 136.58mg (13.66%), Vitamin D: 1.9µg (12.69%), Copper: 0.25mg (12.48%), Iron: 2.14mg (11.92%), Vitamin E: 1.57mg (10.46%), Fiber: 2.6g (10.4%), Calcium: 97.35mg (9.74%), Magnesium: 37.17mg (9.29%), Selenium: 6.36µg (9.09%), Vitamin B1: 0.13mg (8.39%), Vitamin B3: 1.54mg (7.7%), Folate: 30.38µg (7.6%), Potassium: 238.63mg (6.82%), Vitamin K: 6.13µg (5.83%), Zinc: 0.87mg (5.81%), Vitamin C: 4.64mg (5.63%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.23µg (3.89%), Vitamin B6: 0.07mg (3.74%)