



Red Velvet Ice Box Cake

READY IN



620 min.

SERVINGS



10

CALORIES



478 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup confectioners' sugar
- 12 ounces cream cheese at room temperature
- 1 large egg yolk
- 1.3 cups flour all-purpose plus more for rolling
- 1 cup heavy cream
- 1 cup milk chocolate plus 1 tablespoon) shaved for garnish (from a 4-ounce bar
- 1.5 teaspoons food coloring red
- 10 servings salt fine

- 0.5 cup sugar
- 6 tablespoons butter unsalted softened
- 1.5 teaspoons cocoa powder unsweetened
- 1 tablespoon vanilla extract pure
- 1 teaspoon vanilla extract pure

Equipment

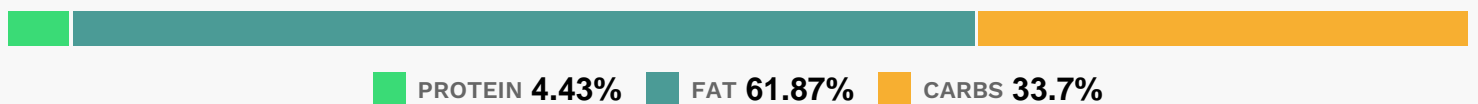
- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- plastic wrap
- loaf pan
- hand mixer
- stand mixer

Directions

- Put the cream cheese in the bowl of a stand mixer fitted with a whisk attachment (or in a large bowl if using a hand mixer) and whisk on medium speed until fluffy.
- Add the sugar and a pinch of salt and whisk until smooth.
- Add the cream and vanilla and whisk just until medium-soft peaks form. Refrigerate until firm, about 2 hours.
- Line a 1 1/2-quart loaf pan with plastic wrap, leaving at least a 2-inch overhang on all sides. On the bottom of the loaf pan, lay 6 cookies face-down, overlapping slightly.
- Spread 3/4 cup of the whipped cream evenly over the cookies. Top with 3 heaping tablespoons of the chocolate. Repeat the layering two more times with 6 to 7 cookies.
- Place the last 6 to 7 cookies on the shaved chocolate. Fold the plastic wrap over the top of the loaf pan so the entire top layer is covered. Refrigerate overnight.

- To serve, turn back the plastic wrap, flip the icebox cake out onto a platter and remove the plastic. Top with the reserved chocolate and serve immediately.
- Sift the flour, cocoa powder, baking soda and 1/8 teaspoon salt into a medium bowl.
- Beat the butter and granulated sugar in the bowl of a stand mixer fitted with a paddle attachment (or a large bowl if using a hand mixer) on medium speed just until combined. Beat in the egg yolk just until combined. Beat in the food coloring and vanilla until the color is evenly distributed, scraping down the bowl as needed. Reduce the mixer speed to low and gradually add the flour mixture. Beat just until the dough comes together. Form the dough into two 1-inch-thick disks, wrap tightly in plastic and refrigerate until firm, about 2 hours.
- Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper.
- Lightly dust a sheet of parchment paper with flour. Unwrap one disk, place it on the paper and cover with a large sheet of plastic wrap.
- Roll the dough out to 1/8 inch thick. Peel off the plastic wrap and, using a 2 1/2-inch round cookie or biscuit cutter, cut the dough into rounds.
- Place them on the prepared baking sheets, spacing them 1 inch apart (about 12 cookies per sheet). Gather the scraps, chill until firm, roll again and cut. Repeat with the remaining disk.
- Bake the cookies until brick-red and set, 8 to 10 minutes, rotating the baking sheets halfway through.
- Let the cookies cool on the sheets for 3 minutes, then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:20.21, Inflammation Score:-6, Nutrition Score:6.9460869528677%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 478.37kcal (23.92%), Fat: 33.75g (51.92%), Saturated Fat: 20.37g (127.34%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 39.92g (14.52%), Sugar: 27.11g (30.12%), Cholesterol: 97.67mg (32.56%), Sodium:

339.65mg (14.77%), Alcohol: 0.58g (100%), Alcohol %: 0.62% (100%), Caffeine: 11.9mg (3.96%), Protein: 5.44g (10.87%), Vitamin A: 1041.17IU (20.82%), Vitamin B2: 0.26mg (15.24%), Selenium: 10.58µg (15.12%), Manganese: 0.21mg (10.45%), Phosphorus: 102.65mg (10.27%), Vitamin B1: 0.14mg (9.5%), Folate: 35.91µg (8.98%), Iron: 1.35mg (7.5%), Magnesium: 29.15mg (7.29%), Copper: 0.14mg (7.13%), Calcium: 60.12mg (6.01%), Fiber: 1.44g (5.76%), Vitamin B3: 1.1mg (5.5%), Vitamin E: 0.81mg (5.37%), Zinc: 0.66mg (4.4%), Potassium: 144.01mg (4.11%), Vitamin D: 0.6µg (3.99%), Vitamin B5: 0.4mg (3.97%), Vitamin K: 3.23µg (3.08%), Vitamin B12: 0.16µg (2.67%), Vitamin B6: 0.05mg (2.43%)