



Red, White, and Blue Ice-Cream Cake

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



587 kcal

DESSERT

Ingredients

- ☐ 10 servings poached berries fresh assorted
- ☐ 0.3 cup honey
- ☐ 10.8 oz round cake frozen thawed
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 cup blueberries
- ☐ 10 oz raspberries frozen thawed
- ☐ 0.5 cup raspberry jam
- ☐ 2 pt raspberry sorbet softened

- ☐ 2 pt whipped cream softened
- ☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ springform pan

Directions

- ☐ Cut 10 (1/2-inch-thick) slices from cake. Arrange slices in a single layer on bottom of a 9-inch springform pan, trimming as needed to snugly cover pan. Save remaining cake for another use.
- ☐ Stir together vanilla ice cream and blueberry preserves in a medium bowl.
- ☐ Spread blueberry ice-cream mixture over cake slices. Cover and freeze 1 hour.
- ☐ Stir together softened raspberry sorbet and raspberry preserves in a medium bowl.
- ☐ Spread raspberry sorbet mixture over blueberry ice-cream mixture. Cover and freeze 3 hours to 2 days.
- ☐ Process frozen raspberries, honey, and 2 Tbsp. water in a blender until smooth. Press raspberry mixture through a wire-mesh strainer using the back of a spoon. Discard pulp and seeds. Chill until ready to serve.
- ☐ Just before serving, beat cream and sugar at medium speed until soft peaks form. Gently run a sharp knife around edge of cake to loosen.
- ☐ Remove springform pan.
- ☐ Spread whipped cream over frozen cake.
- ☐ Drizzle with raspberry-honey sauce.
- ☐ Note: We tested with Sara Lee All Butter Pound Cake, Bonne Maman Raspberry Preserves, Smucker's Orchard's Finest Northwoods Blueberry Preserves, and Whole Fruit Raspberry Sorbet.

Nutrition Facts

 **PROTEIN 5.38%**  **FAT 31.37%**  **CARBS 63.25%**

Properties

Glycemic Index:23.43, Glycemic Load:23.96, Inflammation Score:-5, Nutrition Score:9.5047825108404%

Flavonoids

Cyanidin: 13.65mg, Cyanidin: 13.65mg, Cyanidin: 13.65mg, Cyanidin: 13.65mg Petunidin: 2.6mg, Petunidin: 2.6mg, Petunidin: 2.6mg, Petunidin: 2.6mg Delphinidin: 3.21mg, Delphinidin: 3.21mg, Delphinidin: 3.21mg, Delphinidin: 3.21mg Malvidin: 5.53mg, Malvidin: 5.53mg, Malvidin: 5.53mg, Malvidin: 5.53mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 586.71kcal (29.34%), Fat: 20.52g (31.58%), Saturated Fat: 12.15g (75.96%), Carbohydrates: 93.13g (31.04%), Net Carbohydrates: 88.26g (32.1%), Sugar: 70.13g (77.93%), Cholesterol: 99.62mg (33.21%), Sodium: 341.61mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin B2: 0.38mg (22.63%), Fiber: 4.86g (19.46%), Calcium: 169.72mg (16.97%), Phosphorus: 167.71mg (16.77%), Vitamin A: 809.02IU (16.18%), Manganese: 0.3mg (15.09%), Vitamin C: 10.42mg (12.63%), Vitamin B1: 0.13mg (8.83%), Potassium: 307.71mg (8.79%), Vitamin B5: 0.87mg (8.69%), Selenium: 5.68µg (8.12%), Vitamin B12: 0.48µg (8%), Folate: 28.51µg (7.13%), Iron: 1.28mg (7.09%), Zinc: 1.03mg (6.84%), Magnesium: 25.85mg (6.46%), Vitamin E: 0.89mg (5.93%), Vitamin B6: 0.1mg (4.75%), Vitamin B3: 0.94mg (4.68%), Vitamin K: 4.91µg (4.68%), Copper: 0.09mg (4.68%), Vitamin D: 0.63µg (4.21%)