



## Simply stunning chocolate fridge cake

READY IN



45 min.

SERVINGS



10

CALORIES



1480 kcal

DESSERT

### Ingredients

- ☐ 200 g bar chocolate dark
- ☐ 700 ml double cream
- ☐ 5 boxes to make your own see tip good (we used Marks & Spencer's All butter Fairtrade double chocolate chip cookies)
- ☐ 400 g mascarpone cheese
- ☐ 5 tbsp icing sugar sifted
- ☐ 5 tbsp baileys
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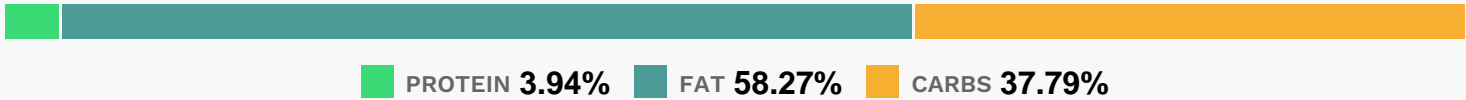
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Melt the chocolate and 150ml of the cream together in a small pan. Cool until spreadable, then use to sandwich pairs of the cookies together.
- ☐ Choose a cake stand or flat plate to assemble your cake. Tip the remaining cream, the mascarpone, Baileys and icing sugar into a big bowl, and use an electric hand whisk to beat until thick and the mixture is just holding its shape.
- ☐ Arrange some of your cookie sandwiches to make a base that almost covers the plate. Dot a little of the cream under each, and stick into position.
- ☐ Spread or dollop over a good layer of cream, then add another layer of cookies, a little smaller than the first. To get a neat finish, choose a front to your cake and always start by arranging the outside ring of cookies from there (then you can snap cookies in half to fill in the middle). Repeat, making the layers smaller each time, until you finish with a single cookie and a dollop of cream on top! Chill in the fridge overnight.

## Nutrition Facts



## Properties

Glycemic Index:7.17, Glycemic Load:59.73, Inflammation Score:-8, Nutrition Score:15.691739128984%

## Nutrients (% of daily need)

Calories: 1480.1kcal (74.01%), Fat: 96.29g (148.14%), Saturated Fat: 49.96g (312.24%), Carbohydrates: 140.54g (46.85%), Net Carbohydrates: 133.21g (48.44%), Sugar: 70.38g (78.2%), Cholesterol: 134.89mg (44.96%), Sodium: 705.65mg (30.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16mg (5.33%), Protein: 14.64g (29.28%), Vitamin B1: 0.63mg (41.87%), Vitamin A: 1602.94IU (32.06%), Folate: 126.1µg (31.52%), Fiber: 7.33g (29.33%), Vitamin B2: 0.48mg (28.23%), Magnesium: 111.25mg (27.81%), Iron: 4.66mg (25.89%), Vitamin B3: 3.94mg (19.68%), Manganese: 0.39mg (19.52%), Phosphorus: 192.6mg (19.26%), Copper: 0.36mg (18.06%), Potassium: 544.86mg (15.57%), Calcium: 117.12mg (11.71%), Zinc: 1.75mg (11.68%), Vitamin D: 1.13µg (7.51%), Vitamin E: 0.77mg (5.11%), Selenium: 3.5µg (5%), Vitamin K: 3.71µg (3.54%), Vitamin B12: 0.17µg (2.81%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.03mg (1.61%)