



Toasted Almond Ice Cream Cake

 Dairy Free

READY IN



260 min.

SERVINGS



20

CALORIES



104 kcal

Ingredients

- 10 oz square shortbread cookies divided crushed (3 cups crumbs)
- 1 cup planters slivered almonds divided toasted

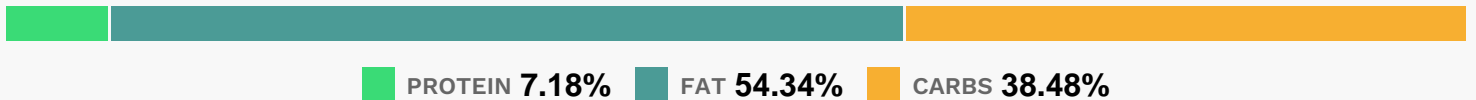
Equipment

- frying pan
- springform pan

Directions

- Sprinkle 1 cup of the crushed cookies and 1/3 cup of the almonds on bottom of 9-inch springform pan; carefully spread half of the ice cream evenly over cookie mixture. Repeat all layers. Top with remaining crushed cookies and almonds; press into ice cream with back of spoon to secure. Cover.
- Freeze at least 4 hours.
- Remove side of pan.
- Cut dessert into 16 slices to serve. Store leftover dessert in freezer.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:5.72, Inflammation Score:-1, Nutrition Score:2.8408695789783%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 104.12kcal (5.21%), Fat: 6.41g (9.86%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.35g (3.4%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 50.09mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin E: 1.73mg (11.52%), Manganese: 0.18mg (9.2%), Vitamin B2: 0.11mg (6.24%), Magnesium: 16.56mg (4.14%), Vitamin B1: 0.06mg (4.07%), Phosphorus: 35.33mg (3.53%), Folate: 13.86µg (3.46%), Iron: 0.62mg (3.46%), Fiber: 0.86g (3.44%), Copper: 0.07mg (3.42%), Vitamin B3: 0.66mg (3.3%), Calcium: 16.37mg (1.64%), Zinc: 0.24mg (1.59%), Selenium: 1.1µg (1.57%), Potassium: 52.06mg (1.49%), Vitamin K: 1.56µg (1.48%)