



# Vegan Peanut Butter Zig Zag Melted Ice Cream Cake

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



417 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons cocoa powder
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.5 pint so delicious chocolate peanut butter dairy-free dessert1 frozen
- ☐ 2 tablespoons dairy-free buttery spread
- ☐ 2 tablespoons vanilla dairy-free creamer french (such as So Delicious Vanilla Coconut Milk Creamer)
- ☐ 0.5 cup dairy-free chocolate chips

- ☐ 5 tablespoons flour
- ☐ 1 tablespoon safflower oil (or other neutral-tasting oil)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.3 cup unbleached flour all-purpose
- ☐ 1 teaspoons vanilla extract
- ☐ 4.5 tablespoons water

## Equipment

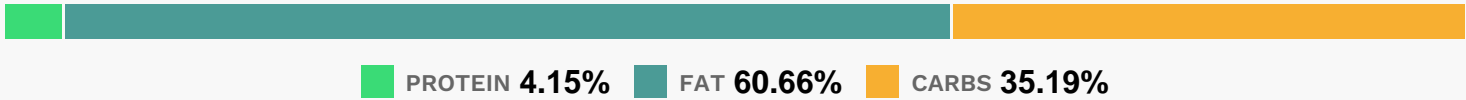
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

## Directions

- ☐ Preheat oven to 375°FGet ice cream out of the freezer and set aside in a bowl allowing to melt.
- ☐ Mix flax and water in small bowl and set aside.
- ☐ Mix flour, cocoa powder, baking powder and salt in a medium mixing bowl.In a large mixing bowl, beat together the buttery spread, sugar, flax mixture and vanilla.
- ☐ Add in the melted ice cream.Gradually add in the flour mixture
- ☐ Pour into a greased 9-inch cake pan.
- ☐ Bake for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.Cool completely before adding frosting and ganache.
- ☐ Mix together the flour and cocoa, and set aside.
- ☐ Mix the buttery spread, sugar, oil and peanut butter with an electric mixer on medium for one minute. Blend in the creamer, followed by the flour mixture.Refrigerate for 10 to 30 min before

- frosting cake
- ☐ Combine ingredients and heat in small saucepan until melted.
  - ☐ Drizzle over cake.

## Nutrition Facts



## Properties

Glycemic Index:35.95, Glycemic Load:21.56, Inflammation Score:-3, Nutrition Score:6.9752174116995%

## Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 416.73kcal (20.84%), Fat: 29.12g (44.81%), Saturated Fat: 6.79g (42.42%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 36.01g (13.09%), Sugar: 20.07g (22.3%), Cholesterol: 0mg (0%), Sodium: 346.15mg (15.05%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Caffeine: 3.45mg (1.15%), Protein: 4.48g (8.96%), Vitamin E: 2.93mg (19.55%), Vitamin K: 19.51µg (18.58%), Manganese: 0.29mg (14.3%), Iron: 2.01mg (11.15%), Vitamin B1: 0.17mg (11.13%), Vitamin B3: 2.14mg (10.68%), Folate: 42.68µg (10.67%), Selenium: 7.21µg (10.3%), Fiber: 2.01g (8.02%), Phosphorus: 72.65mg (7.26%), Calcium: 72.04mg (7.2%), Vitamin B2: 0.12mg (7.11%), Copper: 0.12mg (5.9%), Magnesium: 23.22mg (5.8%), Zinc: 0.44mg (2.92%), Potassium: 90.25mg (2.58%), Vitamin A: 118.72IU (2.37%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.16mg (1.57%)