

7-Layer Ice Cream Cake

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Servings: 8

1 10-3/4 ounce frozen pound cake, in aluminum loaf pan unthawed, OR one homemade 4-1/2-by-8-1/2 pound cake, room temperature
2 cups raspberry sorbet, softened
1 cup vanilla ice cream, softened
1/2 cup coarsely chopped chocolate wafer cookies
2 large egg whites
cream of tartar
1/2 cup sugar
1/2 teaspoon pure vanilla extract

Preparation Time: 30 minutes

Remove the cake from the pan and cut horizontally into four slices. Line the pan with plastic wrap, leaving a six-inch overhang on two sides.

Build the cake layers in the pan in this order: bottom cake slice, one cup sorbet, cake slice, one-half cup ice cream, cookie crumbs, one-half cup ice cream, cake slice, one cup sorbet, top cake slice. (If necessary, return the ice cream to the freezer while you work.) Wrap in plastic and freeze for at least one hour (or up to three days).

In a heatproof bowl, lightly whisk together the egg whites and a pinch of cream of tartar. Set the bowl over (not in) a bowl of simmering water and whisk until the whites are foamy. Slowly whisk in the sugar and cook, whisking, until the sugar is dissolved (to test, rub some between your fingertips).

Remove the bowl from the heat and, with an electric mixer, beat on medium-high until stiff, glossy peaks form, about 6 minutes. Add the vanilla and beat for 1 minute.

Remove the cake from the pan, trim the sides if desired, and dollop meringue on top.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 79 Calories; 1g Fat (9.6% calories from fat); 1g Protein; 17g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 49mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	79	Vitamin B6 (mg):	trace
% Calories from Fat:	9.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	84.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	trace	% Refuse:	0%
Carbohydrate (g):	17g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	49mg	Vegetable:	0
Potassium (mg):	25mg	Fruit:	0
Calcium (mg):	2mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	1IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 79 **Calories from Fat:** 8

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol trace	0%
Sodium 49mg	2%
Total Carbohydrates 17g	6%
Dietary Fiber trace	1%
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.