



Almond Cookie Ice Cream Sandwiches

READY IN



30 min.

SERVINGS



12

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.5 sticks lightly butter salted
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.5 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup ground pecans finely
- ☐ 4 ounce bittersweet chocolate grated

- ☐ 0.5 cup slivered almonds
- ☐ 1 pint cherry vanilla ice cream softened

Equipment

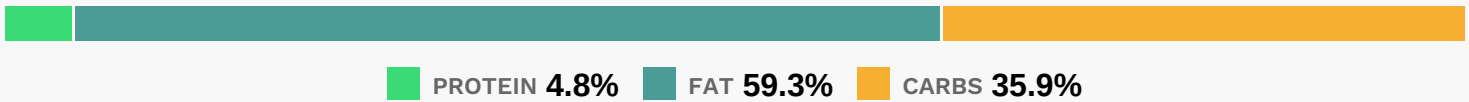
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ sifter

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cookies: Preheat the oven to 350 degrees F.
- ☐ In the bowl of an electric mixer fitted with the whisk attachment, cream the butter and sugar together until smooth and increased in volume, 5 to 8 minutes (alternatively, use a hand mixer).
- ☐ Add the almond extract.
- ☐ Use a large strainer or sifter to sift together the flour, cornstarch, salt, and allspice.
- ☐ Remove the bowl from the mixer and use a spatula to mix in the dry ingredients. Stir until blended. Stir in the nuts.
- ☐ Roll the dough into small balls and gently flatten them onto a baking sheet. They do not spread a lot, but leave some room in between them just in case.
- ☐ Bake in the oven until light brown, 8 to 10 minutes. Set aside to cool slightly before serving.
- ☐ For the ice cream sandwiches: Preheat the oven to 350 degrees F.

- ☐
- Arrange the almonds in a single layer on a baking sheet.
- ☐
- Place in the oven and cook until golden brown, 5 to 8 minutes.
- ☐
- Remove from the oven and set aside to cool. (Alternatively, you can also brown the almonds in a large pan over medium–high heat).
- ☐
- Put the ice cream in a bowl and mash it with 2 wooden spoons so it softens up. Fold in the almonds and grated chocolate.
- ☐
- Spread between 2 cookies.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:11.32, Inflammation Score:-5, Nutrition Score:7.3973912570788%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg 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: 370.93kcal (18.55%), Fat: 24.74g (38.06%), Saturated Fat: 12.46g (77.89%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 31.36g (11.4%), Sugar: 17.16g (19.06%), Cholesterol: 48.29mg (16.1%), Sodium: 127.44mg (5.54%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.13mg (2.71%), Protein: 4.5g (9.01%), Manganese: 0.49mg (24.64%), Vitamin B2: 0.21mg (12.56%), Copper: 0.24mg (12.07%), Vitamin E: 1.72mg (11.45%), Phosphorus: 114.44mg (11.44%), Magnesium: 42.12mg (10.53%), Vitamin A: 526.29IU (10.53%), Fiber: 2.33g (9.32%), Vitamin B1: 0.14mg (9.21%), Selenium: 5.7µg (8.14%), Iron: 1.42mg (7.9%), Calcium: 76.75mg (7.67%), Zinc: 0.94mg (6.27%), Folate: 24.36µg (6.09%), Potassium: 197.67mg (5.65%), Vitamin B3: 0.96mg (4.8%), Vitamin B5: 0.38mg (3.75%), Vitamin B12: 0.19µg (3.25%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.96µg (1.87%)