



Almond Florentine and Black Raspberry Chip Ice Cream Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 0.8 cup almonds sliced
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 pint raspberry chip ice cream black
- ☐ 6 tablespoons sugar
- ☐ 0.3 cup butter unsalted ()

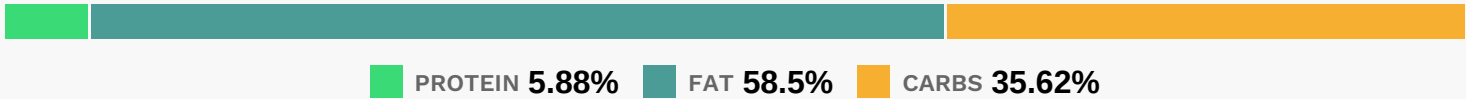
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Line 2 large rimmed baking sheets with parchment paper. Melt butter in medium saucepan over medium-low heat.
- ☐ Mix in sugar, cream, and flour, then almonds. Stir until batter thickens, bubbles at edges, and leaves dry path when spoon is drawn through, about 10 minutes.
- ☐ Remove from heat. Drop 1 rounded teaspoonful batter for each cookie (about 24 total) onto prepared sheets, spacing mounds 2 to 3 inches apart.
- ☐ Bake cookies, 1 sheet at a time, until golden brown, turning sheet after 8 minutes, about 16 minutes total. Cool cookies completely on sheets.
- ☐ Do ahead: Can be made 1 day ahead. Store airtight at room temperature.
- ☐ Soften ice cream slightly in microwave at 10-second intervals on very low setting.
- ☐ Place 6 cookies, flat side up, on work surface. Mound 1/4 cup ice cream onto each; flatten gently with spatula. Top with another cookie, flat side down, and press very gently to adhere.
- ☐ Place sandwiches on baking sheet, cover with foil, and freeze at least 2 hours and up to 2 days.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:20.88, Inflammation Score:-5, Nutrition Score:7.8743478318919%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 386.66kcal (19.33%), Fat: 25.73g (39.58%), Saturated Fat: 12.94g (80.84%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 33.19g (12.07%), Sugar: 29.5g (32.77%), Cholesterol: 66.24mg (22.08%), Sodium: 67.09mg (2.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin E: 3.49mg (23.29%), Vitamin B2: 0.36mg (20.99%), Phosphorus: 148.84mg (14.88%), Manganese: 0.29mg (14.35%), Vitamin A: 714.27IU (14.29%), Calcium: 141.19mg (14.12%), Magnesium: 43.52mg (10.88%), Fiber: 2.06g (8.23%), Potassium: 255.84mg (7.31%), Copper: 0.14mg (7.18%), Zinc: 0.95mg (6.36%), Vitamin B12: 0.34µg (5.66%), Vitamin B5: 0.56mg (5.59%), Vitamin B1: 0.08mg (5.2%), Selenium: 3.2µg (4.58%), Folate: 14.26µg (3.56%), Iron: 0.63mg (3.51%), Vitamin B3: 0.67mg (3.33%), Vitamin D: 0.46µg (3.06%), Vitamin B6: 0.06mg (2.92%), Vitamin K: 1.22µg (1.17%)