



Black-and-White Ice Cream Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



728 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 2 pints ice-cream chocolate shell softened
- ☐ 1 large egg yolk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup butter unsalted room temperature
- ☐ 0.3 cup cocoa powder unsweetened (preferably Dutch-process)
- ☐ 1 teaspoon vanilla extract
- ☐ 6 servings chocolate white chopped (such as Lindt or Baker's)

Equipment

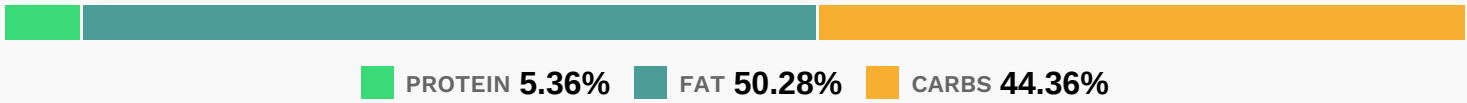
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Drop six 2/3-cup mounds mint chocolate chip ice cream onto waxed-paper-lined baking sheet. Using metal spatula, shape each mound into 3- to 3 1/2-inch square; freeze squares.
- ☐ Beat butter and sugar in large bowl until smooth. Beat in egg yolk and vanilla. Sift flour, cocoa and salt onto butter mixture. Stir until blended and soft dough forms. Gather dough into ball; flatten into rectangle.
- ☐ Roll out dough between 2 sheets of waxed paper to 13 x 10-inch rectangle.
- ☐ Place dough, still between waxed paper sheets, on baking sheet. Chill until firm, at least 1 hour and up to 1 day.
- ☐ Position rack in center of oven and preheat to 300°F. Line large baking sheet with parchment paper. Peel top sheet of waxed paper off dough. Trim dough to 12 x 9-inch rectangle; cut dough into twelve 3-inch squares.
- ☐ Transfer squares to parchment-lined sheet, discarding waxed paper and spacing squares about 1 inch apart.
- ☐ Bake until cookies are firm to touch, about 20 minutes. Cool cookies completely on sheet.
- ☐ Melt white chocolate in medium metal bowl set over saucepan of barely simmering water, stirring until smooth (do not allow bottom of bowl to touch water).
- ☐ Remove bowl from over water.
- ☐ Holding corner of 1 cookie, dip cookie into melted chocolate until half covered on diagonal, tilting bowl if necessary to submerge. Shake cookie gently to allow some excess chocolate to drip back into bowl. Return dipped cookie to parchment-lined baking sheet. Repeat with remaining cookies and white chocolate. Freeze cookies until chocolate coating is firm, about 10 minutes.

Arrange 6 cookies, flat side up, on work surface. Top each with frozen ice cream square, then another cookie, flat side down, pressing slightly to adhere. Cover and freeze sandwiches. (Can be made 4 days ahead. Keep frozen.)

Nutrition Facts



Properties

Glycemic Index:44.18, Glycemic Load:47.72, Inflammation Score:-8, Nutrition Score:14.619565098182%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 727.7kcal (36.38%), Fat: 42.24g (64.98%), Saturated Fat: 26.1g (163.09%), Carbohydrates: 83.82g (27.94%), Net Carbohydrates: 79.9g (29.05%), Sugar: 57.54g (63.93%), Cholesterol: 145.44mg (48.48%), Sodium: 223.65mg (9.72%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Caffeine: 12.97mg (4.32%), Protein: 10.14g (20.27%), Vitamin A: 1406.39IU (28.13%), Vitamin B2: 0.47mg (27.91%), Manganese: 0.54mg (27.06%), Phosphorus: 242.85mg (24.29%), Selenium: 15.3µg (21.86%), Folate: 79.1µg (19.77%), Copper: 0.4mg (19.76%), Calcium: 193.17mg (19.32%), Vitamin B1: 0.28mg (18.71%), Iron: 3.27mg (18.16%), Magnesium: 70.26mg (17.57%), Fiber: 3.92g (15.69%), Potassium: 489.17mg (13.98%), Vitamin B5: 1.12mg (11.19%), Vitamin B3: 2mg (9.97%), Zinc: 1.44mg (9.61%), Vitamin B12: 0.57µg (9.44%), Vitamin E: 1.23mg (8.22%), Vitamin D: 0.89µg (5.96%), Vitamin B6: 0.11mg (5.7%), Vitamin K: 2.74µg (2.61%), Vitamin C: 1.11mg (1.34%)