



## Black Forest Icebox Cookies

READY IN



45 min.

SERVINGS



10

CALORIES



114 kcal

### Ingredients

- 1 tablespoon brandy
- 0.7 cup cherries dark sweet frozen pitted
- 0.3 cup mint
- 20 chocolate wafers (such as Nabisco's Famous Chocolate Wafers)
- 1.3 cups ice-cream chocolate shell low-fat softened

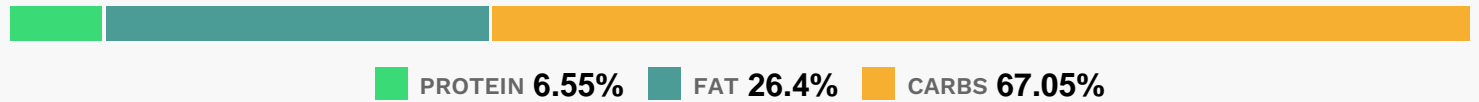
### Equipment

- bowl

### Directions

- Combine ice cream, cherries, and brandy in a small bowl. Cover and freeze 20 minutes, stirring after 10 minutes.
- Working quickly, spoon about 1 1/2 tablespoons of ice cream mixture onto each of 10 wafers; top with remaining wafers, pressing firmly. Freeze 10 minutes.
- Place sprinkles on a small plate.
- Roll edges of each cookie in sprinkles. Store in an airtight container in freezer until ready to serve.

## Nutrition Facts



### Properties

Glycemic Index:10.75, Glycemic Load:5.39, Inflammation Score:-1, Nutrition Score:2.0478260750356%

### Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

### Nutrients (% of daily need)

Calories: 113.67kcal (5.68%), Fat: 3.3g (5.07%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 18.09g (6.58%), Sugar: 14g (15.55%), Cholesterol: 5.56mg (1.85%), Sodium: 83.11mg (3.61%), Alcohol: 0.5g (100%), Alcohol %: 1.39% (100%), Protein: 1.84g (3.68%), Manganese: 0.11mg (5.47%), Copper: 0.08mg (4.05%), Iron: 0.65mg (3.59%), Calcium: 35.13mg (3.51%), Vitamin B2: 0.06mg (3.5%), Phosphorus: 33.6mg (3.36%), Fiber: 0.75g (3.01%), Magnesium: 11.17mg (2.79%), Potassium: 77.95mg (2.23%), Vitamin B1: 0.03mg (2.09%), Vitamin B3: 0.38mg (1.91%), Vitamin A: 88.08IU (1.76%), Folate: 6.77µg (1.69%), Selenium: 1.1µg (1.57%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.11mg (1.11%), Vitamin C: 0.87mg (1.06%)