



## Brown Sugar Cookie Ice Cream Sandwiches

READY IN



200 min.

SERVINGS



6

CALORIES



554 kcal

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup brown sugar dark
- 1 large eggs
- 1 cup flour all-purpose
- 3 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 1 pints butter pecan ice cream

- 0.3 teaspoon salt
- 0.5 cup butter unsalted
- 2 teaspoons vanilla extract

## Equipment



- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- offset spatula

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. and adjust the oven rack to middle. Line a sheet tray with parchment.
- Melt the butter to a large skillet over medium heat. Cook until the butter is golden brown.
- Remove the butter to a large bowl to cool.
- Once cool, add the brown sugar and stir until smooth. Stir in the egg and vanilla, mixing until well combined.
- In another medium bowl, whisk together the flour, cinnamon, ground ginger, baking soda, baking powder, and salt.
- Add the dry mixture to the butter mixture and stir until well incorporated and smooth, about 1 minute.
- Add the granulated sugar to a plate. Divide the dough into 12 equal-sized balls and roll them in the sugar. Arrange the dough on the parchment paper lined sheet tray at least 2 inches apart.
- Bake for 10 to 12 minutes.
- Cool the cookies on the sheet tray for 5 minutes, then transfer to a cooling rack for another 10 minutes.

- ☐ Turn 6 cookies face up on the counter. Scoop 1/2 cup of ice cream on cookies and using an offset spatula, spread evenly to the edges. Top the ice cream with a second cookie and press down to adhere. Freeze until solid, about 2 hours.

## Nutrition Facts

 **PROTEIN 4.44%**  **FAT 40.38%**  **CARBS 55.18%**

### Properties

Glycemic Index:50.52, Glycemic Load:26.75, Inflammation Score:-5, Nutrition Score:8.3799999667251%

### Nutrients (% of daily need)

Calories: 553.96kcal (27.7%), Fat: 25.04g (38.53%), Saturated Fat: 15.37g (96.06%), Carbohydrates: 77g (25.67%), Net Carbohydrates: 75.77g (27.55%), Sugar: 58.55g (65.06%), Cholesterol: 106.37mg (35.46%), Sodium: 248.09mg (10.79%), Alcohol: 0.46g (100%), Alcohol %: 0.34% (100%), Protein: 6.19g (12.38%), Vitamin B2: 0.34mg (19.97%), Vitamin A: 850.28IU (17.01%), Selenium: 11.8µg (16.86%), Calcium: 155.63mg (15.56%), Vitamin B1: 0.2mg (13.36%), Phosphorus: 131.93mg (13.19%), Manganese: 0.26mg (13.16%), Folate: 46.95µg (11.74%), Iron: 1.52mg (8.43%), Vitamin B5: 0.75mg (7.48%), Potassium: 249.1mg (7.12%), Vitamin B3: 1.4mg (7%), Vitamin B12: 0.41µg (6.9%), Zinc: 0.84mg (5.58%), Magnesium: 20.97mg (5.24%), Vitamin E: 0.78mg (5.2%), Fiber: 1.23g (4.91%), Vitamin D: 0.61µg (4.05%), Vitamin B6: 0.08mg (3.92%), Copper: 0.08mg (3.86%), Vitamin K: 1.7µg (1.62%)