



Brownie Ice Cream Mini-wiches

READY IN



45 min.

SERVINGS



35

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 0.5 cup dutch-processed cocoa powder unsweetened
- ☐ 4 large eggs
- ☐ 1 cup flour
- ☐ 1 pt ice cream (any flavor you like)
- ☐ 2 cups brown sugar light packed
- ☐ 1 teaspoon salt
- ☐ 1 cup butter unsalted

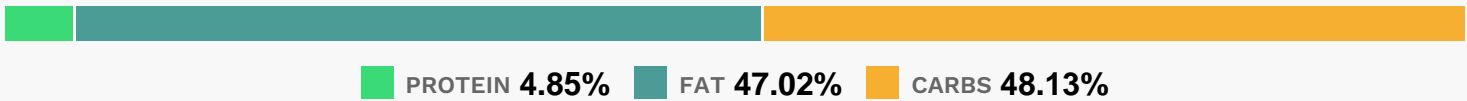
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 35
- ☐ In a medium pot, bring 1 in. water to a simmer. Put chocolate and butter in a medium metal bowl and set bowl over pot, being careful not to let bottom of bowl touch water.
- ☐ Heat until chocolate is almost completely melted, then add sugar and eggs and mix thoroughly. Sift together flour, cocoa, and salt, then add to chocolate mixture, stirring well.
- ☐ Pour batter into a greased 10- by 15-in. baking pan.
- ☐ Bake until a toothpick inserted in center comes out clean, about 20 minutes.
- ☐ Let cool completely.
- ☐ Invert brownie sheet onto a work surface and cut into 1 1/2-in. squares; arrange on pan. Freeze brownies 30 minutes. During last 5 minutes, remove ice cream from freezer to soften.
- ☐ Working in batches, scoop 1 heaping tbsp. ice cream onto half of brownie squares. Set remaining squares, shiny side up, on top of ice cream and press gently.
- ☐ Freeze until firm, at least 2 hours. Straighten tops of brownies and trim oozing ice cream with a paring knife if you like. Freeze, covered, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:3.2478260725089%

Flavonoids

Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 174.37kcal (8.72%), Fat: 9.36g (14.39%), Saturated Fat: 5.6g (35.02%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 20.52g (7.46%), Sugar: 16.9g (18.78%), Cholesterol: 41.44mg (13.81%), Sodium: 90.42mg (3.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.01mg (2.34%), Protein: 2.17g (4.34%), Manganese: 0.15mg (7.35%), Copper: 0.13mg (6.33%), Selenium: 4.01µg (5.73%), Phosphorus: 53.08mg (5.31%), Vitamin A: 252.28IU (5.05%), Vitamin B2: 0.08mg (4.93%), Magnesium: 19.31mg (4.83%), Iron: 0.85mg (4.71%), Fiber: 1.03g (4.14%), Calcium: 37.66mg (3.77%), Potassium: 103.13mg (2.95%), Zinc: 0.41mg (2.76%), Folate: 10.61µg (2.65%), Vitamin B1: 0.04mg (2.58%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.28mg (1.89%), Vitamin D: 0.24µg (1.59%), Vitamin B3: 0.31mg (1.57%), Vitamin B6: 0.03mg (1.31%)