



Brownie Ice Cream Sandwiches

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



379 kcal

DESSERT

Ingredients

- 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- 3 cups whipped cream
- 12 servings vegetable oil for on brownie mix box

Equipment

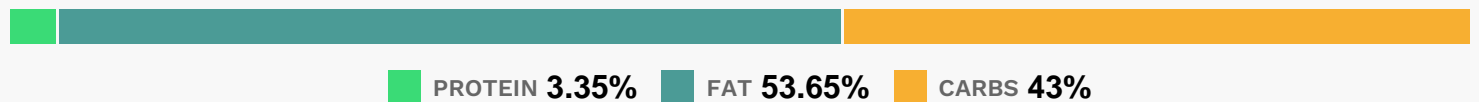
- bowl
- frying pan
- oven
- toothpicks

muffin liners

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan).
- Place paper baking cup in each of 12 regular-size muffin cups, or spray muffin cups with baking spray with flour.
- In medium bowl, mix brownie mix, water, oil and egg until well blended. Spoon into muffin cups.
- Bake 26 to 28 minutes or until toothpick inserted near edges comes out almost clean. Cool completely, about 30 minutes.
- Remove paper baking cups.
- Cut brownies in half horizontally.
- Place 1 scoop (about 1/4 cup) ice cream between brownie halves.
- Sprinkle sides with jimmies. Freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:2.9869565400092%

Nutrients (% of daily need)

Calories: 379.49kcal (18.97%), Fat: 22.77g (35.03%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 40.83g (14.85%), Sugar: 28.08g (31.2%), Cholesterol: 14.52mg (4.84%), Sodium: 150.5mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin K: 25.84µg (24.61%), Vitamin E: 1.24mg (8.29%), Iron: 1.23mg (6.82%), Vitamin B2: 0.08mg (4.66%), Calcium: 42.24mg (4.22%), Phosphorus: 34.65mg (3.46%), Vitamin A: 138.93IU (2.78%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.19mg (1.92%), Potassium: 65.67mg (1.88%), Zinc: 0.23mg (1.52%), Magnesium: 4.62mg (1.15%)