



Brownie Ice Cream Sandwiches

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1 pint whipped cream softened
- ☐ 1 serving chocolate chips assorted miniature

Equipment

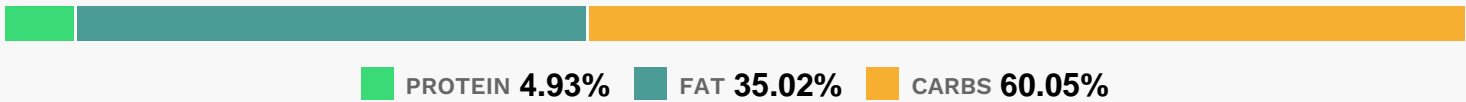
- ☐ frying pan
- ☐ oven
- ☐ wire rack

- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make and bake brownies as directed on box. Cool completely on cooling rack, about 1 1/2 hours.
- ☐ Place pan of brownies in freezer 30 minutes. Using foil to lift, remove brownies from pan, and peel foil away.
- ☐ Cut brownies into 4 rows by 4 rows.
- ☐ For each sandwich, spoon 2 tablespoons ice cream on bottom of 1 brownie square. Top with second brownie square, bottom side down; gently press together.
- ☐ Roll sides in sprinkles; place in shallow pan. Freeze 1 to 2 hours or until ice cream is firm.
- ☐ Wrap each frozen sandwich in plastic wrap. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:8.26, Inflammation Score:-1, Nutrition Score:2.8934782646272%

Nutrients (% of daily need)

Calories: 388.57kcal (19.43%), Fat: 15.15g (23.3%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 58.44g (19.48%), Net Carbohydrates: 58.02g (21.1%), Sugar: 40.74g (45.27%), Cholesterol: 26.04mg (8.68%), Sodium: 212.96mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Iron: 1.65mg (9.16%), Vitamin B2: 0.14mg (8.35%), Calcium: 75.85mg (7.59%), Phosphorus: 62.1mg (6.21%), Vitamin A: 249.29IU (4.99%), Vitamin B12: 0.23µg (3.84%), Vitamin B5: 0.34mg (3.44%), Potassium: 117.7mg (3.36%), Vitamin K: 3.4µg (3.23%), Zinc: 0.41mg (2.72%), Vitamin E: 0.32mg (2.14%), Magnesium: 8.28mg (2.07%), Fiber: 0.42g (1.67%), Vitamin B1: 0.02mg (1.62%), Selenium: 1.06µg (1.52%), Vitamin B6: 0.03mg (1.42%)