



Brownie-Peanut Ice Cream Roll

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



427 kcal

DESSERT

Ingredients

- ☐ 20 oz brownie mix prepared (but not baked)
- ☐ 1 cup creamy peanut butter
- ☐ 1 tablespoon honey
- ☐ 1 pint ice cream
- ☐ 1 tablespoon vanilla extract

Equipment

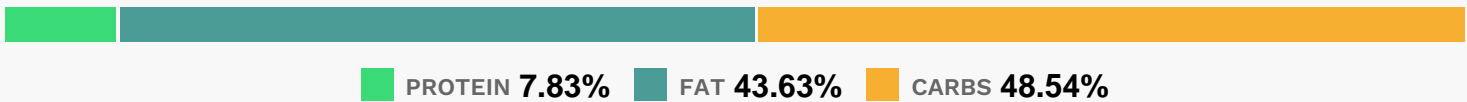
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ offset spatula

Directions

- ☐ Preheat oven to 350F. Grease bottom and sides of a 12-by-15-inch jelly-roll pan and line bottom with parchment.
- ☐ Pour prepared brownie batter into pan; bake until just done, 12 to 15 minutes.
- ☐ Remove pan to a wire rack and let brownie cool.
- ☐ Once brownie has cooled, run a knife along sides of pan to loosen it.
- ☐ Place a piece of parchment as big (or larger) as jelly-roll pan onto a sheet pan. Invert brownie onto sheet pan; peel off parchment.
- ☐ Refrigerate ice cream to soften, 10 to 20 minutes. In a medium bowl, mix honey, vanilla and peanut butter. Using a knife or offset spatula, carefully spread peanut butter mixture evenly over brownie, leaving a 1-inch border on each long side.
- ☐ Using a spoon, scoop out thin slabs of softened ice cream and arrange along center of peanut butter layer.
- ☐ Spread ice cream just down middle of brownie.
- ☐ With one long side of pan facing you, carefully lift parchment under brownie and roll brownie into a jelly roll, laying it seam side down to seal. Put in freezer immediately and freeze for at least 2 hours. Dust with unsweetened cocoa powder, if desired.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:6.79, Inflammation Score:-3, Nutrition Score:6.0700000155231%

Nutrients (% of daily need)

Calories: 426.79kcal (21.34%), Fat: 21.04g (32.37%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 51.36g (18.68%), Sugar: 35.63g (39.58%), Cholesterol: 17.35mg (5.78%), Sodium: 261.92mg

(11.39%), Alcohol: 0.37g (100%), Alcohol %: 0.43% (100%), Protein: 8.49g (16.98%), Manganese: 0.32mg (16.11%), Vitamin B3: 2.91mg (14.56%), Vitamin E: 2.08mg (13.85%), Phosphorus: 114.42mg (11.44%), Magnesium: 42.02mg (10.51%), Iron: 1.74mg (9.69%), Vitamin B2: 0.14mg (8.08%), Calcium: 61.23mg (6.12%), Potassium: 202.24mg (5.78%), Vitamin B6: 0.12mg (5.75%), Zinc: 0.82mg (5.49%), Fiber: 1.31g (5.25%), Folate: 20.5µg (5.12%), Copper: 0.1mg (5.04%), Vitamin B5: 0.46mg (4.59%), Vitamin A: 166.01IU (3.32%), Vitamin B1: 0.05mg (3.06%), Vitamin B12: 0.15µg (2.56%), Selenium: 1.61µg (2.29%)