



Butter Pecan Cookie and Peach Ice Cream Sandwiches

READY IN



120 min.

SERVINGS



20

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 pinch baking soda
- ☐ 1 large eggs (large)
- ☐ 0.5 cup flour all-purpose
- ☐ 2 pints whipped cream softened
- ☐ 0.5 cup brown sugar light
- ☐ 1 cup pecans
- ☐ 0.3 teaspoon salt

- ☐ 1 stick butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 375 and line a 10-by-15-inch jelly roll pan with parchment paper.
- ☐ Spread the pecans in a pie plate and toast for about 8 minutes, until fragrant.
- ☐ Let cool, then coarsely chop the pecans.
- ☐ In a small bowl, whisk the flour with the baking powder, baking soda and salt. In a medium bowl, using an electric mixer, beat the butter with the brown sugar at medium-high speed until smooth. Beat in the egg and vanilla. At low speed, beat in the dry ingredients.
- ☐ Spread the dough onto the entire baking sheet in an even layer and sprinkle the chopped pecans on top. Freeze for 5 minutes, just until firm.
- ☐ Bake the bar in the center of the oven for about 12 minutes, until golden.
- ☐ Let cool completely, then invert the bar onto a work surface. Peel off the paper and cut the bar into 2 equal pieces.
- ☐ Spread the softened ice cream on one half and top with the other half, nut side up. Return to the freezer and freeze until firm, at least 1 hour.
- ☐ Cut into 8 bars and serve right away.

Nutrition Facts



 PROTEIN **5.27%**  FAT **57.68%**  CARBS **37.05%**

Properties

Glycemic Index:11.9, Glycemic Load:8.37, Inflammation Score:-3, Nutrition Score:4.036956542212%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 208.83kcal (10.44%), Fat: 13.62g (20.95%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 18.79g (6.83%), Sugar: 15.6g (17.33%), Cholesterol: 42.27mg (14.09%), Sodium: 91.69mg (3.99%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 2.8g (5.61%), Manganese: 0.25mg (12.63%), Vitamin B2: 0.15mg (8.76%), Calcium: 74.79mg (7.48%), Phosphorus: 74.4mg (7.44%), Vitamin A: 356.67IU (7.13%), Vitamin B1: 0.08mg (5.19%), Selenium: 2.99µg (4.27%), Zinc: 0.61mg (4.08%), Copper: 0.08mg (4.01%), Vitamin B5: 0.38mg (3.83%), Potassium: 130.09mg (3.72%), Vitamin B12: 0.22µg (3.61%), Magnesium: 14.24mg (3.56%), Fiber: 0.89g (3.56%), Folate: 10.57µg (2.64%), Vitamin E: 0.37mg (2.47%), Iron: 0.4mg (2.24%), Vitamin B6: 0.04mg (2.06%), Vitamin B3: 0.31mg (1.54%), Vitamin D: 0.23µg (1.53%)