



Caramel Chocolate Chip Cookie Ice Cream Sandwiches

READY IN



61 min.

SERVINGS



16

CALORIES



403 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 stick butter softened
- 0.5 cup caramel candies chopped
- 1 large eggs
- 1.1 cup flour all-purpose
- 0.3 cup granulated sugar
- 1.5 cups pretzels chopped

- 1 pinch sea salt fine
- 1.5 cups semi chocolate chips
- 1 teaspoon vanilla extract pure
- 1 quart premium vanilla ice cream

Equipment

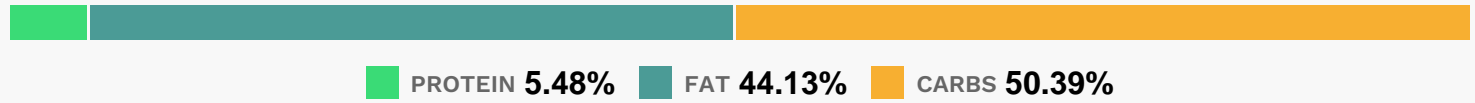
- bowl
- baking sheet
- oven
- whisk
- aluminum foil
- stand mixer
- ice cream scoop

Directions

- Preheat the oven to 325 degrees F. Line baking sheets with parchment.
- In a large bowl, whisk together the flour, baking soda and salt. Cream the butter in the bowl of a stand mixer until it gets lighter in color. (You could also beat the butter by hand.) Slowly add in the sugars and keep beating until the mixture is light and fluffy.
- Add your egg and mix until fully incorporated. Stir in the vanilla.
- Add the flour mixture using the low speed, then mix in the chocolate chips and caramel candies.
- Drop the dough onto your baking sheets using a 1 1/2-inch (1/2-ounce) ice cream scoop. Space the cookies about 2 inches apart. Press down on the dough balls to flatten them to about 3 inches around. Pop in the oven and bake until golden brown, 15 to 17 minutes. Cool on the baking sheets for a couple of minutes, and then let cool completely on wire racks.
- Now to make the ice cream sandwiches. Line baking sheets with foil. Use a 2 1/2-inch ice cream scoop to drop the ice cream onto the flat half of half your cookies. Cover the ice cream with the remaining cookies. Get the ice cream oozed out to the edges of the cookies by pressing them together gently.

- Roll the sides of the ice cream sandwiches in the crushed pretzels, making sure the pretzels stick.
- Place on the prepared baking sheets lined and freeze until ready to serve, at least a half hour.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:23.79, Inflammation Score:-4, Nutrition Score:7.8986956839976%

Nutrients (% of daily need)

Calories: 403.16kcal (20.16%), Fat: 19.91g (30.63%), Saturated Fat: 11.69g (73.05%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 48.89g (17.78%), Sugar: 33.6g (37.33%), Cholesterol: 54.36mg (18.12%), Sodium: 248.75mg (10.82%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 14.51mg (4.84%), Protein: 5.56g (11.13%), Manganese: 0.37mg (18.25%), Vitamin B2: 0.25mg (15%), Phosphorus: 141.67mg (14.17%), Copper: 0.26mg (12.79%), Magnesium: 44.51mg (11.13%), Iron: 1.99mg (11.05%), Calcium: 108.93mg (10.89%), Selenium: 7.06µg (10.08%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 453.92IU (9.08%), Fiber: 2.26g (9.03%), Folate: 34.66µg (8.67%), Potassium: 270.92mg (7.74%), Zinc: 1.08mg (7.18%), Vitamin B3: 1.15mg (5.75%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.32µg (5.38%), Vitamin E: 0.55mg (3.65%), Vitamin B6: 0.06mg (2.8%), Vitamin K: 2.27µg (2.16%), Vitamin D: 0.18µg (1.21%)