



Chocolate and Peppermint Candy Ice Cream Sandwiches

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 16 chocolate wafers such as nabisco famous
- ☐ 0.3 lb peppermint candies hard crushed finely
- ☐ 0.3 teaspoon peppermint extract pure
- ☐ 1 pint superpremium vanilla ice cream softened

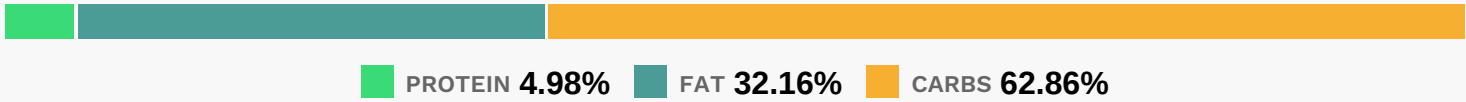
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Stir together ice cream (reserve pint container), extract, and 1/2 cup crushed candy in a bowl until combined.
- ☐ Transfer mixture to pint container and freeze until just firm enough to scoop, about 1 hour.
- ☐ Working very quickly, scoop ice cream onto flat sides of 8 wafers (1 scoop per wafer), then top with remaining 8 wafers, flat sides down. Wrap each sandwich individually with plastic wrap and freeze until firm, about 1 hour. Unwrap sandwiches and roll edges in remaining 1/2 cup crushed candy. Rewrap and freeze until firm, about 1 hour.
- ☐ Ice cream sandwiches keep 3 days.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:21.77, Inflammation Score:-2, Nutrition Score:3.4556521825168%

Nutrients (% of daily need)

Calories: 232.16kcal (11.61%), Fat: 8.21g (12.63%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 35.29g (12.83%), Sugar: 26.62g (29.58%), Cholesterol: 26.26mg (8.75%), Sodium: 116.93mg (5.08%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 2.86g (5.72%), Vitamin B2: 0.17mg (10.23%), Calcium: 79.44mg (7.94%), Phosphorus: 77.95mg (7.8%), Vitamin A: 250.45IU (5.01%), Manganese: 0.09mg (4.43%), Potassium: 143.09mg (4.09%), Vitamin B12: 0.24µg (4.02%), Vitamin B5: 0.39mg (3.89%), Magnesium: 14.66mg (3.66%), Zinc: 0.54mg (3.59%), Copper: 0.07mg (3.46%), Fiber: 0.82g (3.29%), Vitamin B1: 0.05mg (3.24%), Iron: 0.53mg (2.97%), Selenium: 1.75µg (2.5%), Folate: 8.6µg (2.15%), Vitamin B3: 0.41mg (2.06%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.73%)