



Chocolate Chip and Banana Ice Cream Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



875 kcal

DESSERT

Ingredients

- ☐ 2 bananas ripe very thin cut into slices
- ☐ 11.5 ounce bittersweet chocolate chips
- ☐ 16.5 ounce log chocolate chip cookie dough 16-ounce tubs pre-portioned chocolate chip cookie dough rounds refrigerated
- ☐ 2 pints premium banana ice cream softened
- ☐ 1.5 cups toffee bits english
- ☐ 0.3 cup vegetable oil

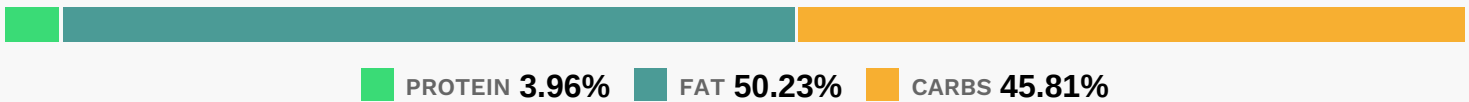
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F. If using dough log, cut into 20 equal-size rounds. Arrange sliced dough rounds (or 20 pre-portioned rounds) on 2 baking sheets, spacing evenly. Using fingertips, press each into 2 1/2-inch round.
- ☐ Bake cookies until golden, about 11 minutes for sliced rounds and 15 minutes for pre-portioned dough.
- ☐ Transfer to rack; cool.
- ☐ Line baking sheet with foil; place in freezer.
- ☐ Place 1 cookie, flat side up, on work surface. Top with 1/3 cup ice cream; spread almost to edge. Top with single layer of bananas. Sandwich with another cookie; press gently to compact.
- ☐ Place on baking sheet in freezer. Repeat with remaining cookies, ice cream, and bananas. Freeze 2 hours. Using knife, smooth sides of ice cream sandwiches. Freeze 1 hour.
- ☐ Place chocolate chips and oil in small glass bowl; microwave on medium-high until chocolate is melted, stopping occasionally to stir, about 1 1/2 minutes.
- ☐ Let stand just until cool, about 10 minutes.
- ☐ Place granola or toffee (if using) on plate. Dip 1 ice cream sandwich halfway into melted chocolate; lift and quickly shake excess chocolate back into bowl. If desired, roll dipped edge in granola or toffee; return to baking sheet in freezer. Repeat with remaining sandwiches, chocolate, and granola or toffee. Freeze until firm, about 2 hours. DO AHEAD: Can be made 2 days ahead. Wrap each sandwich in foil; keep frozen.

Nutrition Facts



Properties

Glycemic Index:21.54, Glycemic Load:42.32, Inflammation Score:-6, Nutrition Score:11.024782605793%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 875.15kcal (43.76%), Fat: 49.07g (75.49%), Saturated Fat: 28.53g (178.29%), Carbohydrates: 100.71g (33.57%), Net Carbohydrates: 96.88g (35.23%), Sugar: 71.74g (79.71%), Cholesterol: 82.62mg (27.54%), Sodium: 326.67mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Vitamin B2: 0.41mg (24.16%), Calcium: 233.16mg (23.32%), Phosphorus: 179.91mg (17.99%), Potassium: 582.41mg (16.64%), Vitamin A: 825.6IU (16.51%), Vitamin B1: 0.24mg (15.73%), Fiber: 3.82g (15.3%), Zinc: 2.12mg (14.1%), Vitamin K: 13.93µg (13.27%), Folate: 48.35µg (12.09%), Magnesium: 48.21mg (12.05%), Vitamin E: 1.6mg (10.66%), Vitamin B5: 0.92mg (9.21%), Vitamin B6: 0.18mg (8.88%), Vitamin B12: 0.5µg (8.32%), Vitamin B3: 1.55mg (7.76%), Iron: 1.14mg (6.33%), Manganese: 0.12mg (5.88%), Selenium: 3.92µg (5.6%), Copper: 0.1mg (5.05%), Vitamin C: 2.86mg (3.46%), Vitamin D: 0.19µg (1.26%)