



Chocolate Chip Ice Cream Sandwich

 Dairy Free

READY IN



165 min.

SERVINGS



45

CALORIES



68 kcal

Ingredients

- 30 chocolate chip cookie mix (2 inch)
- 1 cup planters cocktail peanuts divided chopped
- 2 cups whipped cream softened

Equipment

Directions

- Mix ice cream and 1/2 cup nuts. Freeze 30 min. or until firm enough to hold its shape.

Spoon about 2 Tbsp. ice cream mixture onto bottom of each of 15 cookies. Cover with remaining cookies to make sandwiches.

Roll edges in remaining nuts. Freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:1.4013043423386%

Nutrients (% of daily need)

Calories: 67.52kcal (3.38%), Fat: 4.02g (6.19%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.31g (2.29%), Sugar: 3.62g (4.02%), Cholesterol: 3.17mg (1.06%), Sodium: 31.73mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Manganese: 0.09mg (4.31%), Vitamin B3: 0.67mg (3.35%), Folate: 12.99µg (3.25%), Vitamin B1: 0.05mg (3.23%), Magnesium: 9.34mg (2.34%), Phosphorus: 22.34mg (2.23%), Fiber: 0.55g (2.22%), Vitamin B2: 0.03mg (1.86%), Copper: 0.03mg (1.53%), Potassium: 49.16mg (1.4%), Iron: 0.22mg (1.22%), Calcium: 10.95mg (1.09%)