



Chocolate Chip Ice Cream Sandwich

READY IN



40 min.

SERVINGS



14

CALORIES



1593 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 4 large eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 1.5 cups brown sugar light packed
- ☐ 3 cups semi chocolate chips

- ☐ 1 pound butter unsalted plus more for greasing at room temperature
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1 gallon creamy vanilla ice-cream frozen softened (can substitute yogurt)

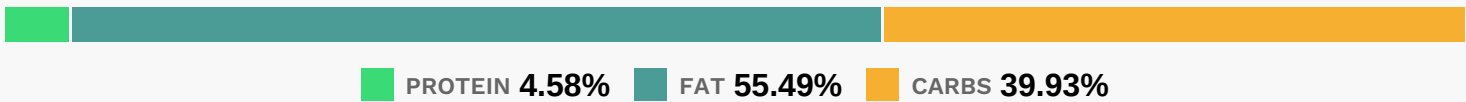
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat the oven to 350 degrees F. Grease two cookie sheets.
- ☐ Sift together the flour and the baking soda in a in a medium bowl and set aside. In a large mixing bowl, using a hand-held mixer, cream together the butter, brown sugar and granulated sugar. Beat in the instant pudding mix until incorporated.
- ☐ Beat in the eggs, one at a time, and then add the flour mixture, chocolate chips and vanilla. Using a 1/4-cup-size scoop, drop onto the prepared cookie sheets, leaving a little space between the cookies. Flatten each cookie ball about halfway.
- ☐ Bake until the cookies are golden brown, 12 to 15 minutes.
- ☐ Remove from the oven and cool on a wire rack. Repeat with the remaining dough.
- ☐ When cool, put 1 scoop (about 1/4 cup) of vanilla ice cream on a cookie and top with another cookie and press to form a sandwich. Repeat with the remaining cookies and ice cream. If not serving right away, place in the freezer on a tray.Dust with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:64.95, Inflammation Score:-9, Nutrition Score:26.286956548691%

Nutrients (% of daily need)

Calories: 1592.68kcal (79.63%), Fat: 98.9g (152.16%), Saturated Fat: 60.68g (379.27%), Carbohydrates: 160.13g (53.38%), Net Carbohydrates: 154.03g (56.01%), Sugar: 115.59g (128.44%), Cholesterol: 313.81mg (104.6%), Sodium: 660.29mg (28.71%), Alcohol: 0.2g (100%), Alcohol %: 0.05% (100%), Caffeine: 33.17mg (11.06%), Protein: 18.37g (36.75%), Vitamin A: 2854.81IU (57.1%), Vitamin B2: 0.96mg (56.36%), Phosphorus: 472.54mg (47.25%), Calcium: 419.72mg (41.97%), Manganese: 0.83mg (41.48%), Selenium: 27.2µg (38.86%), Copper: 0.63mg (31.55%), Magnesium: 119.78mg (29.94%), Vitamin B1: 0.45mg (29.84%), Iron: 4.99mg (27.73%), Potassium: 868.92mg (24.83%), Fiber: 6.1g (24.42%), Folate: 95.94µg (23.99%), Zinc: 3.42mg (22.82%), Vitamin B12: 1.36µg (22.69%), Vitamin B5: 2.18mg (21.84%), Vitamin E: 2.72mg (18.11%), Vitamin B3: 3.08mg (15.38%), Vitamin B6: 0.2mg (9.83%), Vitamin D: 1.31µg (8.75%), Vitamin K: 8.29µg (7.89%), Vitamin C: 1.62mg (1.97%)