



Chocolate-Cookie Ice Cream Sandwiches

READY IN



45 min.

SERVINGS



14

CALORIES



384 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 6 tablespoons dutch-processed cocoa powder unsweetened
- 1 large eggs
- 1 cup flour all-purpose
- 2 pints whipped cream (any flavor)
- 0.5 teaspoon salt
- 1 cup semi chocolate chips
- 1 cup sugar
- 10 tablespoons butter unsalted softened ()

- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- mixing bowl
- hand mixer
- cutting board
- serrated knife

Directions

- Make cookies: Preheat oven to 350F. Line 2 baking sheets with parchment paper. Sift flour, cocoa, baking soda and salt into a bowl.
- Combine butter and sugar in a large mixing bowl; cream together with an electric mixer until fluffy.
- Add egg and vanilla, and beat until smooth.
- Add flour mixture and mix until just combined. Stir in chocolate chips.
- Scoop up heaping tablespoonfuls of dough and roll into 1 1/2- to 2-inch balls.
- Place balls on baking sheets 3 inches apart (you'll have about 8 balls per sheet).
- Bake until dry on top, 13 to 15 minutes.
- Let cool on baking sheets on wire racks.
- Make sandwiches: Soften ice cream at room temperature for 3 minutes. Set containers on their sides on a cutting board and use a sharp serrated knife to cut each pint of ice cream into 7 circles, cutting through cardboard. Peel cardboard away and place each disk of ice cream between 2 cookies.
- Place sandwiches on a baking sheet, cover with plastic and freeze until firm, at least 1 hour and up to 2 days.

Nutrition Facts

PROTEIN 5.14% FAT 48.83% CARBS 46.03%

Properties

Glycemic Index:14.72, Glycemic Load:24.34, Inflammation Score:-5, Nutrition Score:7.5191304631855%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 384.38kcal (19.22%), Fat: 21.24g (32.68%), Saturated Fat: 12.86g (80.36%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 42.51g (15.46%), Sugar: 33.42g (37.14%), Cholesterol: 65.3mg (21.77%), Sodium: 184.47mg (8.02%), Alcohol: 0.1g (100%), Alcohol %: 0.1% (100%), Caffeine: 15.99mg (5.33%), Protein: 5.03g (10.06%), Manganese: 0.32mg (16.09%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 139.26mg (13.93%), Copper: 0.28mg (13.78%), Magnesium: 45.41mg (11.35%), Vitamin A: 560.2IU (11.2%), Calcium: 103.2mg (10.32%), Fiber: 2.54g (10.14%), Selenium: 6.91µg (9.88%), Iron: 1.66mg (9.21%), Potassium: 257.6mg (7.36%), Zinc: 1.07mg (7.15%), Vitamin B1: 0.11mg (7.04%), Folate: 22.38µg (5.6%), Vitamin B12: 0.34µg (5.59%), Vitamin B5: 0.54mg (5.42%), Vitamin B3: 0.77mg (3.84%), Vitamin E: 0.56mg (3.7%), Vitamin B6: 0.05mg (2.49%), Vitamin D: 0.36µg (2.38%), Vitamin K: 1.92µg (1.83%)