



Chocolate-Mint Chip Ice Cream Sandwiches

READY IN



30 min.

SERVINGS



15

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.3 cup chocolate chips
- ☐ 1 pint mint chocolate chip ice cream
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar

- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ double boiler

Directions

- ☐ Preheat oven to 325F. Line 2 rimmed baking sheets with parchment. In a medium bowl, whisk together flour, cocoa, baking soda and salt.
- ☐ Melt chocolate and butter in a double boiler set over simmering water, stirring occasionally.
- ☐ Remove from heat and let cool slightly.
- ☐ Combine chocolate mixture, brown sugar, egg and vanilla in a large bowl and beat until mixture is well combined. Gradually stir flour mixture into chocolate mixture.
- ☐ Add chips.
- ☐ Roll dough into 16 1 1/2-inch balls, then roll each in sugar.
- ☐ Transfer dough balls to baking sheets, and bake until cookies are puffed and lightly browned, 12 to 15 minutes.
- ☐ Transfer cookies to wire rack and let cool. Repeat with remaining dough.
- ☐ Arrange 12 cookies bottom side up and top each with a small scoop of ice cream. Top with a second cookie, bottom side down, pressing together slightly. Wrap each in plastic and freeze until firm, about 1 hour.

Nutrition Facts



 PROTEIN 4.79%  FAT 41.11%  CARBS 54.1%

Properties

Glycemic Index:13.01, Glycemic Load:8.23, Inflammation Score:-3, Nutrition Score:4.498260849196%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 228.3kcal (11.42%), Fat: 10.81g (16.64%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 30.4g (11.05%), Sugar: 25.63g (28.48%), Cholesterol: 31.61mg (10.54%), Sodium: 90.37mg (3.93%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Caffeine: 10.74mg (3.58%), Protein: 2.84g (5.68%), Manganese: 0.24mg (11.82%), Copper: 0.21mg (10.29%), Magnesium: 32mg (8%), Phosphorus: 76.37mg (7.64%), Iron: 1.3mg (7.24%), Fiber: 1.63g (6.5%), Vitamin B2: 0.11mg (6.24%), Selenium: 4.25µg (6.07%), Calcium: 55.63mg (5.56%), Potassium: 176.61mg (5.05%), Vitamin A: 246.3IU (4.93%), Folate: 14.92µg (3.73%), Zinc: 0.56mg (3.73%), Vitamin B1: 0.05mg (3.4%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.14µg (2.35%), Vitamin B3: 0.43mg (2.14%), Vitamin E: 0.26mg (1.77%), Vitamin B6: 0.03mg (1.69%), Vitamin D: 0.19µg (1.24%)