

Chocolate Overload Ice Cream Sandwiches







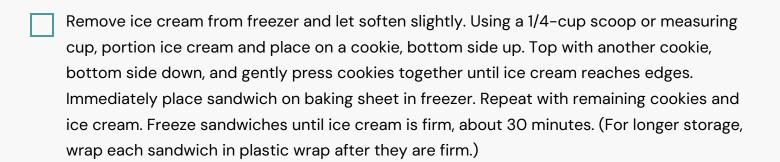
DESSERT

Ingredients

0.5	teaspoon double-acting baking powder
0.3	cup chocolate chips
1 pii	nt ice-cream chocolate shell
1lar	rge eggs
1 cu	p flour all-purpose
0.5	teaspoon espresso powder instant
0.8	cup brown sugar light packed
1 pii	nch salt

0.3 cup semi chocolate chips

	8 tablespoons butter unsalted softened (1 stick)
	0.3 cup cocoa powder unsweetened
	1 teaspoon vanilla extract
	0.3 cup chocolate chips white
Εq	uipment
	bowl
	baking sheet
	oven
	plastic wrap
	hand mixer
	spatula
	measuring cup
Di	rections
	Place racks in upper and lower thirds of oven and preheat to 350F. Line 2 baking sheets with parchment.
	In a small bowl, sift flour, cocoa, baking powder and salt. In a separate small bowl, dissolve espresso powder in 1 tsp. warm water. Using an electric mixer on medium-high speed, beat butter and sugar until light and fluffy, about 2 minutes. Scrape down sides of bowl with a rubber spatula.
	Add egg, vanilla and espresso and mix, scraping sides of bowl when needed (mixture will look curdled). On lowest speed, mix in flour mixture until completely incorporated. Stir in all chips.
	Using a 2-Tbsp. cookie scoop (or a 1/8-cup measure), portion dough and place 2 inches apart on lined baking sheets.
	Bake until edges are set and tops begin to crack, 10 to 12 minutes, switching sheets halfway through from top to bottom and front to back.
	Let cool on baking sheets for about 2 minutes; transfer cookies to wire racks to cool completely.
	Line a baking sheet with parchment and place in freezer.



Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:5.07, Inflammation Score:-2, Nutrition Score:2.5052174031734%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 126.27kcal (6.31%), Fat: 6.59g (10.14%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 15.27g (5.55%), Sugar: 11.34g (12.6%), Cholesterol: 20.01mg (6.67%), Sodium: 28.02mg (1.22%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Caffeine: 3.93mg (1.31%), Protein: 1.72g (3.45%), Manganese: 0.1mg (5.24%), Phosphorus: 41mg (4.1%), Vitamin B2: 0.07mg (4.09%), Copper: 0.08mg (4.07%), Selenium: 2.8µg (4%), Calcium: 37.54mg (3.75%), Iron: 0.63mg (3.53%), Vitamin A: 169.26IU (3.39%), Magnesium: 13.29mg (3.32%), Fiber: 0.75g (2.99%), Folate: 11.75µg (2.94%), Vitamin B1: 0.04mg (2.91%), Potassium: 88.23mg (2.52%), Zinc: 0.3mg (2%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.17mg (1.69%), Vitamin B12: 0.08µg (1.37%), Vitamin E: 0.2mg (1.34%)