



Cookie Ice Cream Sandwiches

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



153 kcal

DESSERT

Ingredients

- 1 pouch chocolate chip cookie mix (1 lb 1.5 oz)
- 12 servings chocolate chips miniature
- 12 servings eggs for on cookie mix pouch
- 4 cups yogurt frozen

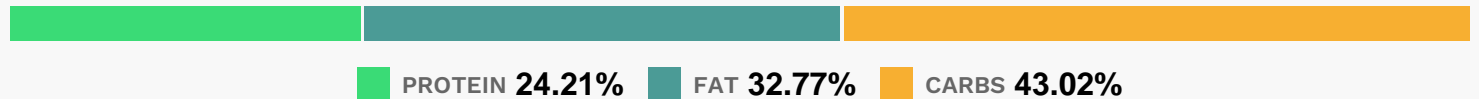
Equipment

- baking sheet
- oven
- plastic wrap

Directions

- Heat oven to 375F. Make cookies as directed on pouch, using butter and egg, except drop dough by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheet.
- Bake 11 to 13 minutes or until edges are light golden brown. Cool 1 minute before removing from cookie sheet. Cool completely, about 30 minutes.
- For each ice cream sandwich, place 1 scoop of ice cream (about 1/3 cup) between 2 cookies. Gently press cookies together (ice cream should spread to edge of cookies).
- Roll ice cream edges in sprinkles. Eat immediately, OR to save for later, wrap sandwiches individually in plastic wrap.
- Place in resealable freezer bag, and freeze until needed.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.9339130229276%

Nutrients (% of daily need)

Calories: 152.74kcal (7.64%), Fat: 5.6g (8.61%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 16.26g (5.91%), Sugar: 15.85g (17.61%), Cholesterol: 167.78mg (55.93%), Sodium: 110.78mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Selenium: 13.51µg (19.3%), Calcium: 151.98mg (15.2%), Vitamin B2: 0.2mg (11.84%), Phosphorus: 87.16mg (8.72%), Potassium: 240.68mg (6.88%), Vitamin B5: 0.67mg (6.75%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Folate: 20.74µg (5.18%), Iron: 0.93mg (5.14%), Vitamin A: 239.84IU (4.8%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.46mg (3.08%), Copper: 0.03mg (1.58%), Magnesium: 5.31mg (1.33%), Vitamin B1: 0.02mg (1.19%), Fiber: 0.27g (1.06%)