



## Cookies and Creme Ice Cream Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

DESSERT

### Ingredients

- 12 servings chocolate chips miniature
- 1 box basic cookie mix
- 1.5 cups whipped cream (or any flavor)
- 12 servings water (for on cookie mix box)

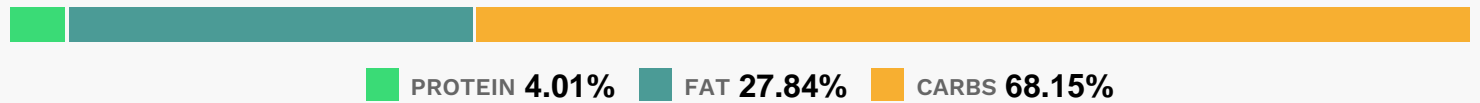
### Equipment

- oven
- plastic wrap

## Directions

- Heat oven to 375F. Make cookies as directed on box; cool completely.
- For each ice cream sandwich, place 2 tablespoons ice cream between 2 cookies. Gently press cookies together (ice cream should spread to edge of cookies).
- Roll ice cream edges in chocolate chips. Eat immediately, OR to save for later, wrap sandwiches individually in plastic wrap.
- Place in resealable freezer bag; freeze up to 1 month.

## Nutrition Facts



## Properties

Glycemic Index:5.08, Glycemic Load:2.3, Inflammation Score:-1, Nutrition Score:1.1508695643557%

## Nutrients (% of daily need)

Calories: 218.98kcal (10.95%), Fat: 6.54g (10.06%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 34.84g (12.67%), Sugar: 23.59g (26.21%), Cholesterol: 7.41mg (2.47%), Sodium: 69.11mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Fiber: 1.19g (4.77%), Vitamin B2: 0.05mg (3.01%), Calcium: 29.38mg (2.94%), Copper: 0.04mg (2.08%), Phosphorus: 17.33mg (1.73%), Potassium: 51.44mg (1.47%), Vitamin A: 71.71IU (1.43%), Vitamin B1: 0.02mg (1.22%), Magnesium: 4.68mg (1.17%), Vitamin B12: 0.06µg (1.07%)