



Crunchy Ice Cream-Cookie Sandwiches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



445 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup plus dark
- ☐ 1 quart peach ice cream
- ☐ 2 cups quick-cooking rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup coconut or dried shredded sweetened sliced
- ☐ 1 teaspoon vanilla

Equipment

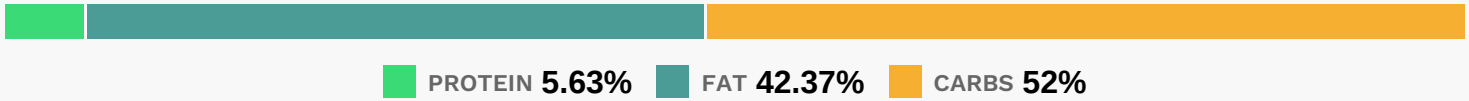
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ spatula
- ☐ kitchen scissors

Directions

- ☐ Lightly butter a 10- by 15-inch rimmed baking pan. Line pan with a 15- by 20-inch piece of cooking parchment, spreading it smooth (edges will stick up above pan rim). Butter and flour parchment.
- ☐ In a 2- to 3-quart pan over medium-high heat, melt 1/3 cup butter, stirring often, about 2 minutes.
- ☐ Remove from heat and add sugar, corn syrup, vanilla, and salt; stir until smooth.
- ☐ Add oats and coconut; mix until evenly blended. Scatter oat mixture in lined pan; with a long metal spatula, spread mixture level.
- ☐ Bake in a 375 regular or convection oven until cookie is browned at edges and bubbling all over, about 10 minutes.
- ☐ Let cool just until cookie begins to firm but is still warm, about 2 minutes (if too cool, cookies will crack when cut). Invert a 12- by 15-inch baking sheet over pan; holding pan and sheet together, carefully invert cookie onto sheet.
- ☐ Cut into 18 rectangles 2 1/2 by 3 1/3 inches.
- ☐ Let cool.
- ☐ Return 9 of the cookies, smooth side up, to lined pan, setting them side by side in a single layer to make a snug rectangle in half the pan.
- ☐ With scissors, snip through opposite sides of ice cream carton from top to bottom; peel carton from ice cream and discard. Working quickly, place ice cream on a board (if round, trim off 1 side and lay on flat side). With a long, heavy knife, cut crosswise into 1/2-inch-thick

- slices. Set slices side by side over cookies in pan; fill in any bare spots with ice cream scraps to cover completely, and trim off any excess. Freeze remaining ice cream for other uses. Cover ice cream with remaining 9 cookies, matching the orientation of bottom cookies. Wrap pan airtight and freeze until ice cream is firm, at least 3 hours.
- ☐ Lift ice cream sandwiches on parchment from pan and transfer to a board.
 - ☐ Cut between cookies; trim sandwich edges with a knife, if desired.
 - ☐ Serve, or wrap sandwiches individually airtight and freeze up to 2 weeks.
 - ☐ Nutritioal analysis per sandwich.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:28.19, Inflammation Score:-6, Nutrition Score:9.8456522304079%

Nutrients (% of daily need)

Calories: 444.82kcal (22.24%), Fat: 21.35g (32.84%), Saturated Fat: 10.32g (64.48%), Carbohydrates: 58.96g (19.65%), Net Carbohydrates: 56.3g (20.47%), Sugar: 43.97g (48.85%), Cholesterol: 46.27mg (15.42%), Sodium: 259.78mg (11.29%), Alcohol: 0.15g (100%), Alcohol %: 0.12% (100%), Protein: 6.38g (12.77%), Manganese: 0.93mg (46.27%), Phosphorus: 201.77mg (20.18%), Magnesium: 68.03mg (17.01%), Vitamin B2: 0.28mg (16.43%), Calcium: 158.27mg (15.83%), Vitamin A: 743.42IU (14.87%), Selenium: 9.28µg (13.25%), Fiber: 2.65g (10.62%), Vitamin B1: 0.14mg (9.59%), Zinc: 1.4mg (9.34%), Potassium: 315.23mg (9.01%), Vitamin B5: 0.8mg (8%), Vitamin B12: 0.42µg (6.97%), Iron: 1.15mg (6.39%), Copper: 0.12mg (5.88%), Vitamin E: 0.72mg (4.81%), Vitamin B6: 0.09mg (4.44%), Folate: 11.63µg (2.91%), Vitamin B3: 0.31mg (1.56%), Vitamin D: 0.21µg (1.4%)