



Custom-Made Ice Cream Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



1010 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 small banana diced
- ☐ 2 tablespoons strained blackberries pureed
- ☐ 0.8 cup brown sugar
- ☐ 3 tablespoons candied orange chopped
- ☐ 0.3 cup dulce de leche
- ☐ 1 large eggs
- ☐ 0.3 teaspoon espresso grounds
- ☐ 2 teaspoon espresso powder

- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons fudge sauce
- ☐ 0.5 cup malted milk balls chopped
- ☐ 2 tablespoons chocolate malted powder
- ☐ 3 tablespoons maraschino cherries chopped
- ☐ 0.3 cup marshmallows mini
- ☐ 0.3 cup peppermint candies crushed
- ☐ 3 tablespoons pistachios chopped
- ☐ 0.5 cup raspberries fresh coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup bittersweet chocolate coarsely chopped
- ☐ 3 tablespoons smooth peanut butter
- ☐ 2 tablespoons strawberry jam
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

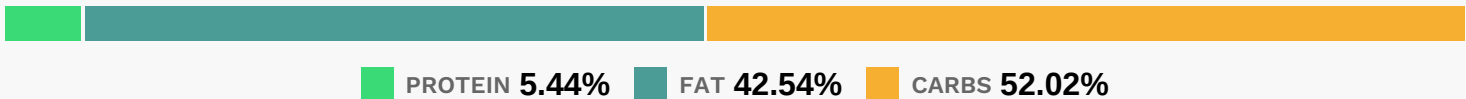
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 350°F. Lightly grease 2 baking sheets.
- ☐ Sift the flour, cocoa powder, baking powder, espresso, and salt into a bowl. Reserve.

- ☐ In another bowl, cream the butter and sugar with an electric mixer until it is light and fluffy.
- ☐ Add the egg and the vanilla, then mix well.
- ☐ Add the reserved dry ingredients and mix until just combined.
- ☐ Form 1/4-cup portions of dough into 8 balls. Arrange 4 balls on each cookie sheet and flatten with a spatula.
- ☐ Bake in the center of the oven until set, about 10 minutes.
- ☐ Let stand on the baking sheet for 2 minutes before removing with a spatula to a wire rack to cool completely.
- ☐ Soften a 14-ounces container of vanilla ice cream in the refrigerator for about 30 minutes.
- ☐ Place the ice cream in a bowl and swirl in ingredients. You'll get the best results if you use a dinner knife to stir. Return the mixture to the freezer to harden, about 1 hour.
- ☐ Place a scoop of ice cream on the bottom cookie. Gently press a second cookie over the ice cream. For even more variations, patch chopped nuts, shaved chocolate, toasted coconut, chopped M&M's, or sprinkles onto the sides of the sandwiches. Or spread jam on the inside of the cookies for another layer of flavor. Freeze until ready to serve. The ice cream variations and sandwiches are best eaten the day they are made.
- ☐ Mix-ins add 10 to 100 calories per serving, depending on ingredients.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:115.57, Glycemic Load:26.2, Inflammation Score:-8, Nutrition Score:21.906956372054%

Flavonoids

Cyanidin: 14.67mg, Cyanidin: 14.67mg, Cyanidin: 14.67mg, Cyanidin: 14.67mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 9.32mg, Catechin: 9.32mg, Catechin: 9.32mg, Catechin: 9.32mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 15mg, Epicatechin: 15mg, Epicatechin: 15mg, Epicatechin: 15mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.06mg,

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 1010.12kcal (50.51%), Fat: 49.46g (76.1%), Saturated Fat: 27.06g (169.12%), Carbohydrates: 136.1g (45.37%), Net Carbohydrates: 126.63g (46.05%), Sugar: 88.81g (98.67%), Cholesterol: 109.62mg (36.54%), Sodium: 374mg (16.26%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 52.13mg (17.38%), Protein: 14.23g (28.46%), Manganese: 1.36mg (67.87%), Copper: 0.88mg (44.01%), Fiber: 9.47g (37.89%), Magnesium: 138.29mg (34.57%), Iron: 5.4mg (29.98%), Phosphorus: 295.45mg (29.55%), Selenium: 20.46µg (29.22%), Vitamin B1: 0.36mg (24.3%), Folate: 92.82µg (23.21%), Vitamin B3: 4.56mg (22.8%), Vitamin B2: 0.35mg (20.85%), Potassium: 692.78mg (19.79%), Vitamin E: 2.82mg (18.77%), Vitamin A: 861.35IU (17.23%), Calcium: 172.14mg (17.21%), Vitamin B6: 0.34mg (16.89%), Zinc: 2.24mg (14.96%), Vitamin C: 8.98mg (10.89%), Vitamin B5: 0.85mg (8.52%), Vitamin K: 7.38µg (7.03%), Vitamin D: 0.68µg (4.5%), Vitamin B12: 0.23µg (3.82%)