



Dairy-Free Gluten-Free Ice Cream Sandwiches

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

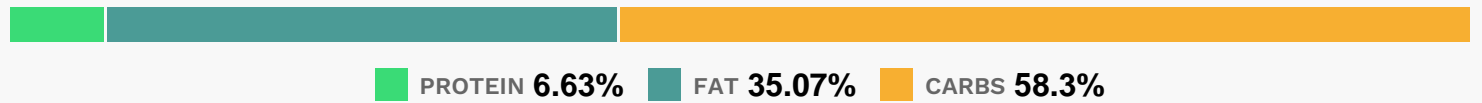
- 6 servings coarse salt
- 1 pint dairy-free gluten-free (I recommend So Delicious Dairy Free Cookie Dough, Vanilla, or Chocolate Ice Cream)
- 6 servings dairy-free chocolate chips mini
- 6 servings graham crackers gluten-free homemade store-bought your favorite (if needed) (or)

Equipment

Directions

- Let the ice cream sit on the counter for about 20 minutes to soften. Give the ice cream a stir to make it uniform in consistency.
- Place a graham or cookie on a flat surface, bottom side up, and top with a thick layer of the ice cream. It doesn't need to be pretty at this point. Gently top with a second graham or cookie, lightly pressing down to seal, without breaking it.
- Place it in the freezer and repeat with more grahams or cookies until the ice cream is gone or almost gone. Once the sandwiches have chilled for about 20 to 30 minutes, remove them one by one and smooth the sides. If desired, place some chocolate chips on a plate, and roll the ice cream sides to cover. Refreeze. Another option is to melt the chocolate chips, adding about 1 teaspoon of dairy-free margarine or shortening per half cup of chips, and top the grahams or dip them in the chocolate.
- Sprinkle on coarse salt for salted chocolate vibe, and return the ice cream sandwiches to the freezer to set-up. Store the ice cream sandwiches in a freezer-container until ready to devour!

Nutrition Facts



Properties

Glycemic Index: 20.67, Glycemic Load: 25.73, Inflammation Score: -4, Nutrition Score: 5.8817391311345%

Nutrients (% of daily need)

Calories: 294.09kcal (14.7%), Fat: 11.81g (18.17%), Saturated Fat: 6g (37.5%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 42.21g (15.35%), Sugar: 26.94g (29.93%), Cholesterol: 26.81mg (8.94%), Sodium: 438.25mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Phosphorus: 140.94mg (14.09%), Vitamin B2: 0.22mg (12.95%), Calcium: 109.5mg (10.95%), Iron: 1.96mg (10.91%), Magnesium: 39.4mg (9.85%), Fiber: 1.97g (7.86%), Potassium: 245.97mg (7.03%), Zinc: 1mg (6.67%), Vitamin A: 328.07IU (6.56%), Vitamin B1: 0.1mg (6.46%), Folate: 25.5µg (6.37%), Vitamin B3: 1.24mg (6.18%), Copper: 0.12mg (5.75%), Manganese: 0.11mg (5.55%), Vitamin B5: 0.44mg (4.37%), Vitamin B12: 0.23µg (3.81%), Vitamin B6: 0.07mg (3.57%), Selenium: 1.97µg (2.82%), Vitamin E: 0.24mg (1.58%), Vitamin D: 0.16µg (1.05%)