



Disappearing Act Ice-Cream Sandwiches

 Dairy Free

READY IN



170 min.

SERVINGS



18

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup peanut butter
- ☐ 0.5 cup shortening
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 teaspoon baking soda

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 2 cups whipped cream softened (any flavor)
- ☐ 1 serving roasted peanuts miniature chopped

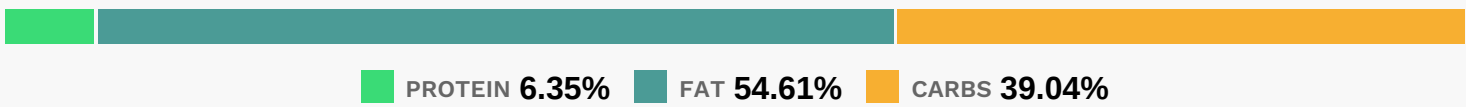
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Stir together sugars, peanut butter, shortening, butter and egg in large bowl. Stir in flour, baking soda, baking powder and salt. Cover and refrigerate about 2 hours or until firm.
- ☐ Heat oven to 375°F. Shape dough into 1 1/4-inch balls.
- ☐ Place about 3 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork dipped in granulated sugar.
- ☐ Bake 9 to 10 minutes or until light brown. Cool 5 minutes; remove from cookie sheet to wire rack. Cool completely.
- ☐ For each ice-cream sandwich, press 1 rounded tablespoon ice cream between 2 cookies.
- ☐ Roll the edges of the sandwiches in candies. Wrap each sandwich in plastic wrap. Store sandwiches airtight in freezer.

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:10.92, Inflammation Score:-3, Nutrition Score:4.2639130191958%

Nutrients (% of daily need)

Calories: 235.57kcal (11.78%), Fat: 14.66g (22.55%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 22.75g (8.27%), Sugar: 15.37g (17.07%), Cholesterol: 15.55mg (5.18%), Sodium: 174.74mg (7.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Manganese: 0.21mg (10.48%), Vitamin B3: 1.74mg (8.7%), Vitamin E: 1.17mg (7.83%), Folate: 26.12µg (6.53%), Selenium: 4.48µg (6.4%), Phosphorus: 63.76mg (6.38%), Vitamin B2: 0.11mg (6.27%), Vitamin B1: 0.09mg (6.12%), Magnesium: 19.84mg (4.96%), Calcium: 39.3mg (3.93%), Iron: 0.68mg (3.8%), Vitamin A: 187.72IU (3.75%), Fiber: 0.83g (3.32%), Copper: 0.06mg (3.1%), Vitamin B5: 0.31mg (3.09%), Potassium: 104.79mg (2.99%), Vitamin K: 3.13µg (2.98%), Zinc: 0.41mg (2.74%), Vitamin B6: 0.05mg (2.7%), Vitamin B12: 0.08µg (1.37%)