



## Double Chocolate Ice Cream Sandwich

READY IN



100 min.

SERVINGS



16

CALORIES



541 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup butter softened
- 0.7 cup cocoa powder
- 1 cup plus light
- 4 eggs
- 3.5 cups chocolate chopped
- 1.5 cups pastry flour sifted
- 0.1 teaspoon salt
- 1 quart whipped cream (recommended: Ronnybrook)

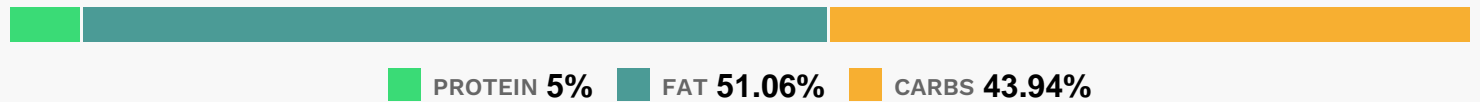
## Equipment

- frying pan
- baking paper
- oven
- mixing bowl

## Directions

- Preheat oven to 350 degrees F.
- In a 5-quart mixing bowl, combine the flour, baking powder, salt, and cocoa. Using the paddle attachment, add the butter and mix just until combined. Incorporate the corn syrup and eggs.
- Add the milk chocolate and mix just until blended.
- Chill the dough in the refrigerator for at least 1 hour to firm. Using a 1 1/2-ounce scoop, portion the dough onto a sheet pan lined with parchment paper.
- Bake the cookies for 12 to 15 minutes. Cool and freeze the cookies.
- Fill the cookies with ice cream and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16.54, Glycemic Load:20.46, Inflammation Score:-6, Nutrition Score:11.696956497172%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 540.97kcal (27.05%), Fat: 32.97g (50.72%), Saturated Fat: 19.68g (122.98%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 58.8g (21.38%), Sugar: 48.77g (54.19%), Cholesterol: 97.45mg (32.48%), Sodium: 245.65mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 33.51mg (11.17%), Protein: 7.26g (14.52%), Manganese: 0.79mg (39.6%), Phosphorus: 220.98mg (22.1%), Magnesium: 86.78mg (21.7%), Copper: 0.42mg

(21.16%), Fiber: 5.05g (20.2%), Selenium: 13.27µg (18.96%), Vitamin B2: 0.32mg (18.6%), Calcium: 135.03mg (13.5%), Vitamin A: 663.97IU (13.28%), Iron: 2.26mg (12.57%), Zinc: 1.77mg (11.78%), Potassium: 342.92mg (9.8%), Vitamin B1: 0.11mg (7.26%), Vitamin B5: 0.63mg (6.32%), Vitamin B12: 0.35µg (5.88%), Vitamin B6: 0.11mg (5.7%), Vitamin E: 0.81mg (5.37%), Vitamin B3: 0.98mg (4.88%), Folate: 15.8µg (3.95%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.34µg (2.26%)