



Double Chocolate Sorbet Sandwiches



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



20

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 0.8 cup dutch-processed cocoa powder
- ☐ 4 large egg whites room temperature
- ☐ 0.5 teaspoon kosher salt
- ☐ 2.5 cups powdered sugar
- ☐ 3.8 cups pistachios (2 pints) (we recommend coconut, hazelnut, or pistachio)
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups walnut pieces chopped

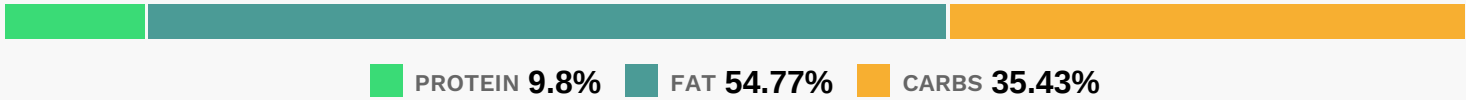
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 32
- ☐ In a large bowl, whisk together sugar, cocoa, and salt. Stir in chocolate and walnuts.
- ☐ Add egg whites and vanilla; stir just until incorporated (don't over-mix).
- ☐ Drop dough by the tablespoon, 2 inches apart, onto three parchment-lined rimmed baking sheets.
- ☐ Bake until cookie tops are crackled but still slightly moist (15-18 minutes), rotating sheets halfway through.
- ☐ Transfer sheets to wire racks; let cookies cool completely.
- ☐ Freeze the cookies for at least 30 minutes.
- ☐ Place 3 tablespoons of sorbet on the flat side of a cookie and top with another cookie. Repeat with remaining cookies. Store the ice cream sandwiches in the freezer in an airtight container until ready to eat. Can be made up to 2 days ahead.

Nutrition Facts



Properties

Glycemic Index:1.9, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:10.057391213334%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.53mg, Epicatechin: 6.53mg, Epicatechin: 6.53mg, Epicatechin: 6.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Epigallocatechin 3–gallate: 0.09mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 297.75kcal (14.89%), Fat: 19.36g (29.78%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 23.45g (8.53%), Sugar: 19.4g (21.55%), Cholesterol: 0.43mg (0.14%), Sodium: 71.2mg (3.1%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Caffeine: 13.51mg (4.5%), Protein: 7.79g (15.59%), Manganese: 0.8mg (39.8%), Copper: 0.65mg (32.64%), Vitamin B6: 0.45mg (22.29%), Fiber: 4.72g (18.89%), Phosphorus: 186.47mg (18.65%), Magnesium: 71.09mg (17.77%), Vitamin B1: 0.24mg (15.71%), Iron: 2.07mg (11.5%), Potassium: 375.66mg (10.73%), Zinc: 1.19mg (7.93%), Selenium: 4.51µg (6.44%), Vitamin B2: 0.09mg (5.49%), Folate: 21.66µg (5.41%), Vitamin E: 0.64mg (4.25%), Calcium: 42.01mg (4.2%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.21mg (2.12%), Vitamin A: 101.01IU (2.02%), Vitamin C: 1.41mg (1.7%)