



Easy Chocolate-Mint Ice-cream Sandwiches

READY IN



15 min.

SERVINGS



5

CALORIES



768 kcal

Ingredients

- 8.5 ounce chewy chocolate cookies
- 15 mint-and-cream-filled chocolate sandwich cookies chopped
- 2 pints whipped cream softened

Equipment

- wax paper

Directions

- Stir together softened ice cream and sandwich cookie pieces. Freeze 30 minutes.

- Spread ice cream evenly on 1 side of 5 large chewy cookies; top with remaining large chewy cookies.
- Place in plastic or wax paper sandwich bags, and freeze at least 1 hour.
- Note: For testing purposes only, we used Oreo Double Delight Mint 'n Creme chocolate sandwich cookies and Archway Original Dutch Cocoa chocolate cookies.
- Butter Pecan Ice-cream Sandwiches: Omit mint-and-cream-filled sandwich cookies. Substitute 2 pints butter pecan ice cream for vanilla ice cream and 1 (75-ounce) package large chewy sugar cookies for chewy chocolate cookies. Proceed as directed.
- Mocha-Almond-Fudge Ice-cream Sandwiches: Omit mint-and-cream-filled chocolate sandwich cookies. Substitute 2 pints mocha-flavored ice cream with chocolate-covered almonds for vanilla ice cream. Proceed as directed. Note: For testing purposes only, we used Starbucks Coffee Almond Fudge Ice Cream.
- Oatmeal-Rum-Raisin Ice-cream Sandwiches: Omit mint-and-cream-filled sandwich cookies. Substitute 1 (75-ounce) package large, chewy oatmeal cookies for chewy chocolate cookies.
- Pour 1/4 cup dark rum over 1/2 cup golden raisins; let stand 2 hours.
- Drain and discard rum. Stir rum-soaked raisins into softened ice cream, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:42.97, Inflammation Score:-6, Nutrition Score:16.255652132242%

Nutrients (% of daily need)

Calories: 767.51kcal (38.38%), Fat: 34.54g (53.14%), Saturated Fat: 16.93g (105.81%), Carbohydrates: 105.26g (35.09%), Net Carbohydrates: 101.26g (36.82%), Sugar: 72.8g (80.89%), Cholesterol: 84.24mg (28.08%), Sodium: 570.62mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.62mg (2.21%), Protein: 11.68g (23.36%), Vitamin B2: 0.67mg (39.3%), Iron: 6.46mg (35.88%), Manganese: 0.59mg (29.73%), Phosphorus: 295.83mg (29.58%), Calcium: 264.77mg (26.48%), Copper: 0.39mg (19.35%), Magnesium: 68.96mg (17.24%), Vitamin B1: 0.25mg (16.42%), Vitamin A: 803.33IU (16.07%), Potassium: 562.1mg (16.06%), Fiber: 4.01g (16.03%), Zinc: 2.1mg (13.98%), Vitamin B5: 1.39mg (13.91%), Folate: 54.07µg (13.52%), Vitamin B12: 0.78µg (13.03%), Vitamin B3: 2.53mg (12.67%), Vitamin E: 1.8mg (12.03%), Selenium: 8.03µg (11.47%), Vitamin K: 11.59µg (11.04%), Vitamin B6: 0.12mg (6.19%), Vitamin D: 0.38µg (2.52%), Vitamin C: 1.14mg (1.38%)