



Easy Ice Cream Sammies

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



710 kcal

DESSERT

Ingredients

- 1 quart ice-cream chocolate shell softened
- 18.3 ounce chocolate cake mix

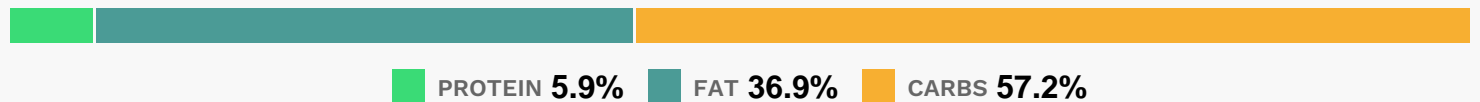
Equipment

- baking sheet
- oven
- plastic wrap
- ice cream scoop

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet.
- Mix cake mix according to package directions, omitting the eggs. Drop by large spoonfuls onto cookie sheet, mixture should be about the consistency of brownie batter.
- Bake 15 minutes in the preheated oven, or until cookies spring back when touched lightly in center. Cool completely.
- To assemble, put a scoop of softened ice cream in the center of a cookie. Top with a similarly-sized cookie, wrap in plastic wrap, and gently press down to flatten out ice cream scoop. Freeze until serving.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:21.29, Inflammation Score:-7, Nutrition Score:15.60260860298%

Nutrients (% of daily need)

Calories: 709.75kcal (35.49%), Fat: 30.8g (47.39%), Saturated Fat: 13.54g (84.62%), Carbohydrates: 107.43g (35.81%), Net Carbohydrates: 103.46g (37.62%), Sugar: 73.09g (81.21%), Cholesterol: 53.63mg (17.88%), Sodium: 831.27mg (36.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.22mg (4.74%), Protein: 11.08g (22.16%), Phosphorus: 401.59mg (40.16%), Calcium: 301.27mg (30.13%), Iron: 5.35mg (29.71%), Copper: 0.56mg (27.89%), Vitamin B2: 0.44mg (26.12%), Magnesium: 86.27mg (21.57%), Selenium: 14.64µg (20.91%), Manganese: 0.41mg (20.66%), Folate: 78.7µg (19.67%), Potassium: 677.29mg (19.35%), Fiber: 3.96g (15.85%), Vitamin B1: 0.21mg (14.19%), Vitamin A: 658.72IU (13.17%), Zinc: 1.6mg (10.7%), Vitamin B5: 0.99mg (9.91%), Vitamin E: 1.43mg (9.54%), Vitamin B3: 1.74mg (8.68%), Vitamin B12: 0.46µg (7.62%), Vitamin B6: 0.12mg (6.02%), Vitamin K: 3.75µg (3.57%), Vitamin D: 0.32µg (2.1%), Vitamin C: 1.1mg (1.34%)