



Easy Ice Cream Sandwiches

 Dairy Free

READY IN



165 min.

SERVINGS



15

CALORIES



203 kcal

Ingredients

- 30 chocolate chip cookie mix (2 inch)
- 1 cup planters cocktail peanuts divided chopped
- 2 cups whipped cream softened

Equipment

Directions

- Mix ice cream and 1/2 cup nuts in airtight container. Freeze 20 to 30 min. or until firm enough to hold its shape.

Spoon about 2 Tbsp. ice cream mixture onto flat side of each of 15 cookies; cover each with second cookie, top-side up, to make sandwich.

Roll edges in remaining nuts. Freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:8.26, Glycemic Load:9.49, Inflammation Score:-2, Nutrition Score:4.2052173875272%

Nutrients (% of daily need)

Calories: 202.57kcal (10.13%), Fat: 12.07g (18.56%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.92g (6.88%), Sugar: 10.86g (12.07%), Cholesterol: 9.5mg (3.17%), Sodium: 95.2mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Manganese: 0.26mg (12.92%), Vitamin B3: 2.01mg (10.05%), Folate: 38.98µg (9.74%), Vitamin B1: 0.15mg (9.7%), Magnesium: 28.02mg (7.01%), Phosphorus: 67.03mg (6.7%), Fiber: 1.66g (6.66%), Vitamin B2: 0.09mg (5.59%), Copper: 0.09mg (4.58%), Potassium: 147.48mg (4.21%), Iron: 0.66mg (3.67%), Calcium: 32.85mg (3.28%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.27mg (2.74%), Vitamin B6: 0.04mg (2.12%), Vitamin A: 74.1IU (1.48%), Selenium: 1.02µg (1.45%), Vitamin B12: 0.07µg (1.14%)