



## Frozen Banana Ice Cream Sandwiches

 Vegetarian

READY IN



368 min.

SERVINGS



6

CALORIES



930 kcal

DESSERT

### Ingredients

- ☐ 2 medium bananas peeled sliced into 1/4-inch rounds
- ☐ 1 pound chocolate chip cookie dough recommended: Nestle Toll House
- ☐ 3 ounces chocolate-toffee candy bars chopped
- ☐ 1 pint banana ice cream softened
- ☐ 1.5 cups semi chocolate chips
- ☐ 1 teaspoon vegetable oil

### Equipment

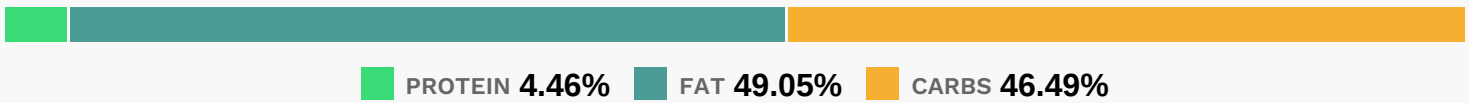
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ice cream scoop

## Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 325 degrees F.
- ☐ Form the cookie dough into 12 equal-sized balls and place on an ungreased baking sheet.
- ☐ Bake for 16 to 18 minutes until lightly browned around the edges. Cool for 10 minutes.
- ☐ Transfer the cookies to a wire rack to cool completely, about 20 minutes.
- ☐ In a small bowl, toss together the chocolate chips and oil.
- ☐ Place the bowl over a pan of simmering water and stir until the chocolate has melted and the mixture is smooth, about 3 to 5 minutes.
- ☐ Spread the melted chocolate on top of 6 of the cooled cookies.
- ☐ Place on a parchment or waxed paper-lined baking sheet.
- ☐ Sprinkle the chocolate-toffee candy pieces on top of the melted chocolate.
- ☐ Place the remaining cookies, flat-side-up, on the same baking sheet. Arrange the banana slices in a single layer on the flat side of the remaining cookies. Freeze all the cookies for 45 to 60 minutes until the chocolate has set and the banana slices are frozen.
- ☐ Using an ice cream scoop, scoop about 1/3 cup softened ice cream on top of the frozen bananas.
- ☐ Place a chocolate covered cookie on top and gently press to form a sandwich. Repeat with the remaining ice cream and cookies. Freeze for 3 to 4 hours until firm.

## Nutrition Facts



## Properties

Glycemic Index:31.24, Glycemic Load:40.39, Inflammation Score:-7, Nutrition Score:17.877391348714%

## Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 930.46kcal (46.52%), Fat: 51.06g (78.55%), Saturated Fat: 26.16g (163.47%), Carbohydrates: 108.86g (36.29%), Net Carbohydrates: 100.02g (36.37%), Sugar: 65.93g (73.26%), Cholesterol: 43.87mg (14.62%), Sodium: 342.22mg (14.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 50.04mg (16.68%), Protein: 10.45g (20.9%), Manganese: 0.98mg (49.24%), Copper: 0.86mg (43.04%), Magnesium: 158.13mg (39.53%), Fiber: 8.84g (35.35%), Iron: 5.61mg (31.17%), Phosphorus: 289.16mg (28.92%), Vitamin B2: 0.39mg (22.77%), Potassium: 791.84mg (22.62%), Vitamin B1: 0.31mg (20.88%), Zinc: 2.64mg (17.62%), Folate: 62.46µg (15.62%), Calcium: 141.16mg (14.12%), Vitamin B3: 2.39mg (11.96%), Vitamin B6: 0.2mg (10.14%), Selenium: 6.56µg (9.37%), Vitamin B5: 0.78mg (7.84%), Vitamin A: 385.21IU (7.7%), Vitamin B12: 0.43µg (7.14%), Vitamin K: 6.09µg (5.8%), Vitamin C: 3.9mg (4.72%), Vitamin E: 0.69mg (4.58%), Vitamin D: 0.16µg (1.05%)