



Frozen Strawberry Cheesecake Sandwich Cookies

READY IN



110 min.

SERVINGS



15

CALORIES



457 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 1 cup butter
- 16 ounce cream cheese softened
- 2 eggs
- 1.5 cups flour all-purpose
- 1.8 cups graham cracker crumbs
- 1 teaspoon ground cinnamon

- 0.3 cup pecans finely chopped
- 1 teaspoon salt
- 4 ounces strawberries frozen
- 1 teaspoon vanilla extract
- 1 cup whipped cream
- 1 cup sugar white

Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- blender
- hand mixer

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine graham cracker crumbs, flour, baking soda, salt, and cinnamon in a bowl. Set aside.
- Beat the butter, brown sugar, and 1/4 cup white sugar with an electric mixer in a large bowl until smooth. Beat the first egg into the butter until completely blended, then beat in the vanilla with the last egg.
- Mix in the flour mixture until just incorporated. Fold in the pecans; mixing just enough to evenly combine. Drop spoonfuls of the dough 2 inches apart onto ungreased baking sheets.
- Bake in the preheated oven until golden brown, about 9 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
- Meanwhile, beat the cream cheese and 1 cup white sugar in a large bowl until smooth.
- Place the strawberries in a blender or food processor. Blend until smooth. Stir strawberry puree into the cream cheese mixture, then fold in the whipped cream.

- Assemble sandwiches by spreading the cheesecake filling onto the bottom of a graham cracker cookie, then topping with a similar sized cookie. Repeat until all the sandwiches are assembled. Freeze for at least one hour before serving.

Nutrition Facts

PROTEIN 4.36% FAT 51.42% CARBS 44.22%

Properties

Glycemic Index:27.07, Glycemic Load:22.4, Inflammation Score:-5, Nutrition Score:6.3017391484717%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Pelargonidin: 1.88mg, Pelargonidin: 1.88mg, Pelargonidin: 1.88mg, Pelargonidin: 1.88mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 457.14kcal (22.86%), Fat: 26.6g (40.92%), Saturated Fat: 14.91g (93.19%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 50.4g (18.33%), Sugar: 35.34g (39.27%), Cholesterol: 87.94mg (29.31%), Sodium: 499.11mg (21.7%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.08g (10.15%), Vitamin A: 845.7IU (16.91%), Selenium: 9.25µg (13.22%), Manganese: 0.24mg (11.89%), Vitamin B2: 0.2mg (11.54%), Vitamin B1: 0.15mg (9.72%), Phosphorus: 92.14mg (9.21%), Folate: 35.84µg (8.96%), Iron: 1.35mg (7.51%), Calcium: 69.2mg (6.92%), Vitamin B3: 1.22mg (6.12%), Vitamin C: 4.47mg (5.42%), Vitamin E: 0.76mg (5.04%), Magnesium: 17.65mg (4.41%), Fiber: 1.07g (4.27%), Zinc: 0.64mg (4.24%), Vitamin B5: 0.4mg (3.96%), Potassium: 132.91mg (3.8%), Copper: 0.07mg (3.34%), Vitamin B6: 0.06mg (2.97%), Vitamin B12: 0.16µg (2.6%), Vitamin K: 2.1µg (2%)