



Gina's Oatmeal Cookie Ice Cream Sandwiches

 Vegetarian

READY IN



207 min.

SERVINGS



6

CALORIES



1170 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 pints ice cream
- ☐ 1 cup brown sugar light
- ☐ 3 cups old fashioned rolled oats
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup pecans finely chopped for garnish
- ☐ 0.5 teaspoon salt
- ☐ 2 sticks butter unsalted room temperature

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula
- ☐ ice cream scoop
- ☐ measuring cup
- ☐ offset spatula

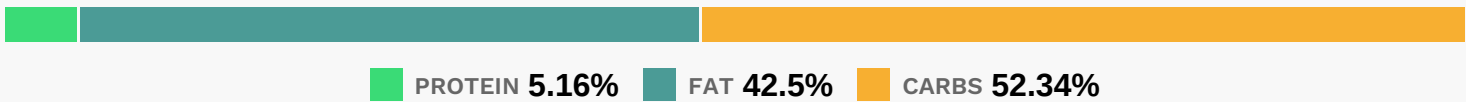
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Using an electric mixer, cream butter and both sugars together in a large bowl, until light and fluffy; about 3 minutes. Crack eggs into a measuring cup and beat in 1 at a time.
- ☐ In a mixing bowl, whisk together flour, salt, baking powder, baking soda, cinnamon, and allspice. Gradually add large spoonfuls of the dry mixture into the creamed mixture. Once

incorporated, fold in raisins, pecans, and oats with a rubber spatula.

- ☐ Add a small ice cream scoop of dough (about 2 inches in diameter), onto parchment paper lined cookie sheets, spacing about 1-inch apart. Pat top down slightly and bake in the preheated oven for 12 minutes.
- ☐ Remove to wire rack to cool completely for 45 minutes before making sandwiches.
- ☐ Remove ice cream from the freezer and allow to soften.
- ☐ Turn 6 cookies face side up on counter. Scoop 1/2-cup of ice cream on the cookies and using an offset spatula, spread evenly to the edges. Top ice cream with a second cookie and press down to adhere.
- ☐ Roll ice cream edges in the chopped pecans. Freeze for 2 hours or until solid.

Nutrition Facts



Properties

Glycemic Index:72.46, Glycemic Load:68.6, Inflammation Score:-8, Nutrition Score:23.934347712475%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1170.31kcal (58.52%), Fat: 56.83g (87.43%), Saturated Fat: 26.82g (167.6%), Carbohydrates: 157.48g (52.49%), Net Carbohydrates: 149.23g (54.26%), Sugar: 101.13g (112.37%), Cholesterol: 170.24mg (56.75%), Sodium: 551.47mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.03%), Manganese: 2.64mg (131.96%), Phosphorus: 409.72mg (40.97%), Selenium: 28.36µg (40.51%), Vitamin B1: 0.55mg (36.87%), Fiber: 8.26g (33.03%), Vitamin B2: 0.54mg (31.58%), Copper: 0.56mg (27.89%), Magnesium: 109.47mg (27.37%), Vitamin A: 1364.11IU (27.28%), Iron: 4.54mg (25.25%), Calcium: 242.66mg (24.27%), Zinc: 3.35mg (22.32%), Folate: 77.73µg (19.43%), Potassium: 667.52mg (19.07%), Vitamin B5: 1.53mg (15.33%), Vitamin B3: 2.65mg (13.23%), Vitamin B6: 0.25mg (12.39%), Vitamin E: 1.74mg (11.61%), Vitamin B12: 0.5µg (8.37%), Vitamin D: 1.02µg (6.77%), Vitamin K: 5.39µg (5.14%), Vitamin C: 1.49mg (1.81%)