



## Ginger-Chocolate Chunk Ice Cream Sandwiches

READY IN



165 min.

SERVINGS



2

CALORIES



557 kcal

### Ingredients

- ☐ 1 ounce bittersweet chocolate coarsely chopped
- ☐ 1 ounce crystallized ginger chopped (into)
- ☐ 12 chocolate graham crackers (such as Nabisco Famous Chocolate Wafers)
- ☐ 2 cups whipped cream light softened

### Equipment

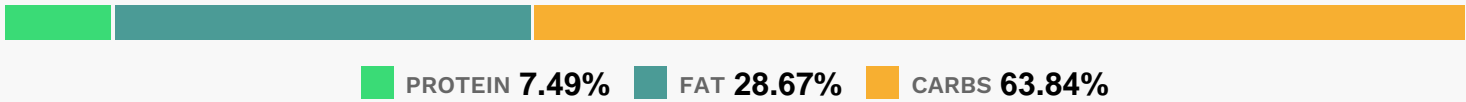
- ☐ bowl
- ☐ baking sheet
- ☐ plastic wrap

- ☐ wooden spoon
- ☐ spatula

## Directions

- ☐ Combine 2 cups softened vanilla light ice cream (to soften ice cream, transfer it to the refrigerator for about 30 minutes), 1 ounce bittersweet chocolate, coarsely chopped, and 1 ounce chopped (into 1/4-inch pieces) crystallized ginger in a bowl. Stir together with a rubber spatula or wooden spoon. Arrange 6 chocolate wafer cookies (such as Nabisco Famous Chocolate Wafers) or chocolate graham crackers (you'll need 12 total) on a baking sheet, and top each with about 1/4 cup of the ice cream mixture. Top ice cream with another wafer, lightly pressing to form a sandwich. Cover ice cream sandwiches with plastic wrap, and place in the freezer. Freeze sandwiches at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:28.33, Inflammation Score:-6, Nutrition Score:11.76913038544%

## Nutrients (% of daily need)

Calories: 557.08kcal (27.85%), Fat: 17.88g (27.51%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 89.61g (29.87%), Net Carbohydrates: 86.8g (31.56%), Sugar: 63g (70%), Cholesterol: 42.61mg (14.2%), Sodium: 324.85mg (14.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.79mg (5.26%), Protein: 10.51g (21.02%), Vitamin B2: 0.49mg (28.84%), Calcium: 264.67mg (26.47%), Phosphorus: 240.93mg (24.09%), Manganese: 0.45mg (22.3%), Copper: 0.37mg (18.47%), Magnesium: 65.31mg (16.33%), Iron: 2.63mg (14.6%), Vitamin A: 692.37IU (13.85%), Potassium: 472.13mg (13.49%), Vitamin B12: 0.77µg (12.87%), Zinc: 1.88mg (12.52%), Fiber: 2.81g (11.26%), Vitamin B1: 0.16mg (10.55%), Vitamin B5: 0.91mg (9.11%), Selenium: 6.28µg (8.98%), Vitamin B3: 1.36mg (6.78%), Folate: 26.04µg (6.51%), Vitamin B6: 0.09mg (4.58%), Vitamin E: 0.53mg (3.5%), Vitamin K: 2.49µg (2.37%), Vitamin C: 1.82mg (2.21%), Vitamin D: 0.15µg (1.01%)