


 **3%**
HEALTH SCORE

Ginger Snap and Pumpkin Ice Cream Sandwiches

 Vegetarian

READY IN

45 min.

SERVINGS

20

CALORIES

335 kcal

DESSERT

Ingredients

- 2 cups milk whole
- 2.5 cups cup heavy whipping cream
- 1 cup granulated sugar
- 0.5 tablespoon cinnamon
- 0.5 tablespoon nutmeg
- 1 teaspoon ground ginger
- 1 cinnamon sticks whole

- 0.5 teaspoon kosher salt
- 8 large egg yolk
- 22.5 ounces pumpkin puree canned fine (is)
- 0.5 tablespoon vanilla
- 2 cups flour
- 1.5 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon nutmeg
- 0.1 teaspoon pepper
- 11 tablespoons butter unsalted at room temperature
- 0.7 cup granulated sugar
- 1 teaspoon vanilla extract
- 0.3 cup blackstrap molasses
- 1 large eggs at room temperature

Equipment

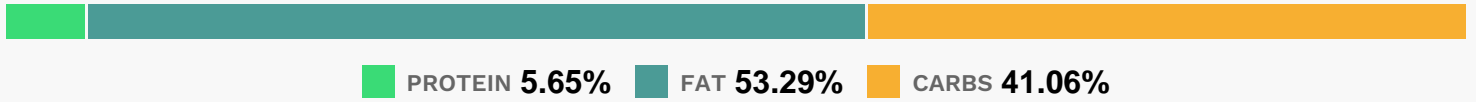
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- sieve
- blender
- plastic wrap
- hand mixer
- ice cream machine

Directions

- In a medium saucepan over medium heat, combine the milk, cream, granulated sugar, ginger, ground cinnamon, cinnamon stick, nutmeg and salt.
- Heat the mixture until steaming and it begins to foam.
- Remove from the heat.
- In a small bowl, whisk the egg yolks until pale yellow. Gradually whisk in one cup of the warm cream mixture, whisking constantly.
- Pour the yolks and cream mixture back into the saucepan and cook over low heat, stirring constantly being sure to scrape the bottom and sides of the pan. Continue cooking until the mixture thickens and coats the back of a spoon.
- Place some ice and water into a large bowl and place a smaller bowl inside.
- Pour the cream mixture through a mesh strainer into the bowl. Stir in the pumpkin and vanilla, add the cinnamon stick back to the mixture. Chill thoroughly, preferably overnight.
- Pour the mixture into the freezer can of an electric ice cream maker and freeze according to the manufacturers instructions.
- In a small bowl, whisk together the dry ingredients.
- In the bowl of an electric mixer, beat the butter until soft.
- Add the sugar and continue beating until smooth and creamy. Stop the mixer occasionally to scrape down the sides of the bowl. Stir in the vanilla, molasses and egg, combine thoroughly.
- Mix in the dry ingredients gradually until the dough is smooth.
- Turn the dough out onto a lightly floured surface and divide in half.
- Roll each half until its about 2 inches around, like a log. Wrap each log in plastic wrap and then roll them lightly to smooth them out. Refrigerate or freeze until firm.
- Preheat the oven to 350 degrees and line two baking sheets with parchment.
- Slice the dough into 1/4 inch rounds with a serrated knif being careful to keep their shape.
- Place the rounds on the baking sheet and sprinkle with granulated or course sugar.
- Bake for 10–13 minutes, rotating the pans halfway through the baking time.
- Let the cookies cool in the pan for about 2 minutes and then transfer to a wire cooling rack.
- Dough can be refrigerated for up to five days or frozen for up to three months.

- Baked cookies can be stored in an air-tight container for approximately a week.
- (Im sure this is a no-brainer, but.you never know.)
- Thaw the ice cream until soft enough to scoop. Because of the high water content from the pumpkin puree it tends to freeze very firmly.
- Take one scoop of ice cream and place on top of one gingersnap, using a second cookie place on top of the ice cream and gently press down.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:20.42, Inflammation Score:-10, Nutrition Score:11.83652173913%

Nutrients (% of daily need)

Calories: 334.61kcal (16.73%), Fat: 20.2g (31.07%), Saturated Fat: 12.13g (75.8%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 33.33g (12.12%), Sugar: 23.13g (25.7%), Cholesterol: 135.84mg (45.28%), Sodium: 168.98mg (7.35%), Protein: 4.82g (9.63%), Vitamin A: 5746.51IU (114.93%), Manganese: 0.42mg (20.76%), Selenium: 11.41µg (16.31%), Vitamin B2: 0.22mg (13.13%), Phosphorus: 102.69mg (10.27%), Folate: 39.51µg (9.88%), Vitamin B1: 0.14mg (9.45%), Iron: 1.61mg (8.94%), Calcium: 87.4mg (8.74%), Vitamin D: 1.28µg (8.51%), Magnesium: 27.66mg (6.92%), Vitamin E: 1.03mg (6.84%), Fiber: 1.67g (6.68%), Vitamin K: 6.96µg (6.63%), Potassium: 226.84mg (6.48%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.35µg (5.79%), Vitamin B6: 0.11mg (5.43%), Vitamin B3: 0.99mg (4.94%), Copper: 0.09mg (4.62%), Zinc: 0.55mg (3.67%), Vitamin C: 1.55mg (1.88%)