



Gingerbread Ice-Cream Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



336 kcal

DESSERT

Ingredients

- 0.1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 0.5 cup crystallized ginger finely chopped
- 0.5 cup brown sugar dark packed
- 1 large eggs
- 1.8 cups flour all-purpose
- 0.5 cup granulated sugar

- 1 teaspoon granulated sugar divided
- 1.5 teaspoons ground ginger
- 1 quart whipped cream low-fat softened
- 1 Dash salt
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- cookie cutter
- measuring cup

Directions

- To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, ground ginger, baking powder, and salt, stirring with a whisk.
- Place 1/2 cup granulated sugar, brown sugar, and butter in a large bowl; beat with a mixer at medium speed 3 minutes or until mixture resembles coarse meal.
- Add vanilla and egg; beat well.
- Add flour mixture to sugar mixture; beat at low speed until well blended. Divide dough in half; gently press each portion into a 4-inch circle on plastic wrap. Cover and chill 1 1/2 hours.
- Preheat oven to 35
- Unwrap each dough portion and place on 2 sheets of overlapping plastic wrap. Cover each portion with 2 additional sheets of overlapping plastic wrap.
- Roll, still covered, to a 1/4-inch thickness.

- Place dough in freezer 30 minutes or until plastic wrap can be easily removed.
- Remove plastic wrap; cut dough with a 3-inch gingerbread man cookie cutter to form 12 cookies.
- Place cookies 1 inch apart on baking sheets coated with cooking spray.
- Sprinkle cookies evenly with 1/2 teaspoon granulated sugar.
- Bake at 350 for 12 minutes or until set.
- Remove cookies from baking sheets; cool completely on wire racks. Repeat procedure with remaining dough and 1/2 teaspoon granulated sugar.
- To prepare filling, combine ice cream and crystallized ginger, stirring well.
- Spread 1 1/2 tablespoons ice cream on the flat side of each of 12 cookies; top with remaining cookies, flat sides down, pressing gently. Wrap each sandwich tightly in plastic wrap; freeze 4 hours or until firm.

Nutrition Facts



PROTEIN 7.4% **FAT 22%** **CARBS 70.6%**

Properties

Glycemic Index:32.77, Glycemic Load:24.42, Inflammation Score:-4, Nutrition Score:6.7039129915445%

Nutrients (% of daily need)

Calories: 336.45kcal (16.82%), Fat: 8.26g (12.7%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 59.64g (19.88%), Net Carbohydrates: 58.88g (21.41%), Sugar: 39.49g (43.87%), Cholesterol: 46.96mg (15.65%), Sodium: 197.51mg (8.59%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 6.25g (12.5%), Vitamin B2: 0.31mg (18.47%), Calcium: 143.62mg (14.36%), Selenium: 9.39µg (13.41%), Vitamin B1: 0.19mg (12.46%), Phosphorus: 112.01mg (11.2%), Manganese: 0.22mg (10.96%), Folate: 40.32µg (10.08%), Vitamin A: 494.06IU (9.88%), Vitamin B12: 0.42µg (6.93%), Iron: 1.19mg (6.63%), Vitamin B3: 1.22mg (6.12%), Potassium: 206.35mg (5.9%), Vitamin B5: 0.54mg (5.42%), Zinc: 0.77mg (5.16%), Magnesium: 17.04mg (4.26%), Fiber: 0.76g (3.06%), Vitamin B6: 0.06mg (2.81%), Copper: 0.05mg (2.44%), Vitamin E: 0.26mg (1.73%), Vitamin C: 0.95mg (1.15%), Vitamin D: 0.16µg (1.08%)