



Homemade 'Ice Cream' Sandwiches

READY IN



130 min.

SERVINGS



10

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 cinnamon graham crackers (32 squares)
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 1.5 cups cool whip lite whipped topping thawed

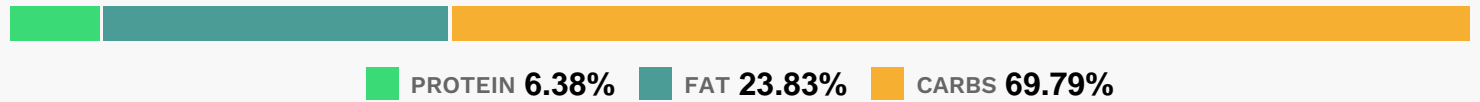
Equipment

- bowl
- frying pan
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. (Pudding will be thick.) Stir in COOL WHIP.
- Spoon onto 16 graham squares. Top each with second graham square to make sandwich; press together gently to secure.
- Place in shallow pan; cover.
- Freeze 2 hours or until firm.
- Transfer to airtight container. Store in freezer up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:12.5, Inflammation Score:-1, Nutrition Score:2.6360869394696%

Nutrients (% of daily need)

Calories: 171.35kcal (8.57%), Fat: 4.53g (6.97%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 29.06g (10.57%), Sugar: 16.63g (18.48%), Cholesterol: 3.15mg (1.05%), Sodium: 226.19mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Phosphorus: 78.41mg (7.84%), Vitamin B2: 0.1mg (5.81%), Calcium: 56.18mg (5.62%), Iron: 0.94mg (5.24%), Vitamin B1: 0.07mg (4.47%), Vitamin B3: 0.88mg (4.42%), Magnesium: 16.93mg (4.23%), Zinc: 0.55mg (3.65%), Fiber: 0.82g (3.28%), Folate: 10.64µg (2.66%), Vitamin B12: 0.15µg (2.57%), Potassium: 89.54mg (2.56%), Vitamin B6: 0.04mg (1.98%), Vitamin D: 0.27µg (1.79%), Selenium: 0.82µg (1.17%)