Ice Cream Club Sandwich

Dairy Free

READY IN	SERVINGS	CALORIES
20 min.	4	508 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 4 servings chocolate chips mini
- [ ] 8 waffles frozen
- [ ] 1 pint ice cream
- [ ] 4 servings multi-color sprinkles
- [ ] 0.5 pint raspberries
- [ ] 4 wafer cookies crispy thin

Equipment

- [ ] sauce pan

- [ ] sieve
- [ ] serrated knife

Directions

- [ ] Toast the frozen waffles according to package directions and let them cool.
- [ ] Remove the ice cream from the freezer and allow it to soften a bit. Slice the raspberries in half.
- [ ] Spread some ice cream evenly over 2 waffles. Cover 1 with raspberry halves. Press a wafer cookie gently onto the other. Gently press the 2 halves together to form a club sandwich. Put it into the freezer while you make the rest.
- [ ] Spread the chocolate chips and sprinkles onto plates.
- [ ] Remove the sandwiches from the freezer. Press 2 edges of each sandwich into the chocolate chips and the other 2 edges into the multi-color sprinkles. Carefully cut them in half using a serrated knife, put them onto plates, and drizzle with the raspberry coulis.
- [ ] (10-ounce) bag frozen raspberries
- [ ] /2 cup sugar
- [ ] teaspoon fresh lemon juice
- [ ] Put the frozen berries, sugar, and lemon juice into a small saucepan over medium heat. Cook, stirring often to mash the berries, until their juices are released. Press through a sieve to strain out the seeds. Cool and refrigerate. Will keep, covered, in the refrigerator for 3 days.

Nutrition Facts

PROTEIN **7.63%** FAT **39.09%** CARBS **53.28%**

Properties

Glycemic Index:41, Glycemic Load:20.67, Inflammation Score:-8, Nutrition Score:18.281739069068%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg

Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 507.9kcal (25.4%), Fat: 22.31g (34.32%), Saturated Fat: 10.4g (65.02%), Carbohydrates: 68.42g (22.8%), Net Carbohydrates: 62.76g (22.82%), Sugar: 32.1g (35.67%), Cholesterol: 70.46mg (23.49%), Sodium: 534.46mg (23.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.59%), Vitamin B2: 0.68mg (40.25%), Phosphorus: 362.98mg (36.3%), Calcium: 329.76mg (32.98%), Vitamin A: 1591.53IU (31.83%), Iron: 5.17mg (28.73%), Vitamin B12: 1.72µg (28.69%), Vitamin B1: 0.41mg (27.41%), Vitamin B6: 0.52mg (25.82%), Vitamin B3: 4.92mg (24.58%), Fiber: 5.66g (22.64%), Folate: 86.62µg (21.65%), Manganese: 0.41mg (20.29%), Vitamin C: 16.3mg (19.75%), Potassium: 389.96mg (11.14%), Magnesium: 41.47mg (10.37%), Zinc: 1.41mg (9.43%), Vitamin B5: 0.88mg (8.82%), Vitamin E: 0.87mg (5.8%), Vitamin K: 4.97µg (4.73%), Copper: 0.08mg (4.02%), Selenium: 2.25µg (3.21%), Vitamin D: 0.31µg (2.04%)