



Ice Cream Gingersnap Sandwiches

READY IN



45 min.

SERVINGS



50

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 0.5 teaspoon pepper black freshly ground
- 1 cup brown sugar packed
- 1 cup butter at room temperature
- 3 pints whipped cream
- 1 teaspoon cinnamon
- 1 large eggs
- 3.5 cups flour
- 0.5 teaspoon ground cloves

- 2 teaspoons ground ginger
- 0.5 teaspoon nutmeg
- 0.5 teaspoon salt
- 0.5 cup blackstrap molasses

Equipment

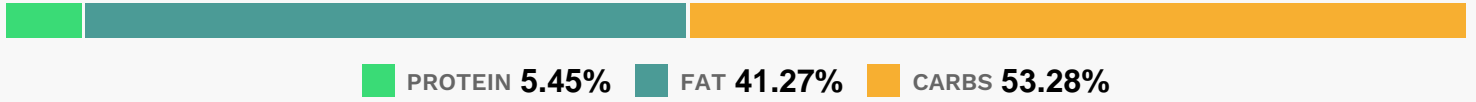
- bowl
- baking sheet
- oven
- blender
- plastic wrap
- cookie cutter
- spatula

Directions

- Beat butter and brown sugar together in a bowl with a mixer on medium speed.
- Mix in molasses, then egg, until blended, scraping bowl as needed.
- In a small bowl, combine flour, baking soda, salt, and spices; add to butter mixture on low speed, mixing until combined.
- Divide dough in half, shape each into a disk, wrap in plastic wrap, and chill until firm, about 3 hours.
- Preheat oven to 35
- Unwrap dough. On a generously floured surface, roll out each disk until 1/8 in. thick. Using round 2 1/2- to 3-in. cookie cutters, cut out dough and arrange circles about 1 in. apart on parchment-lined baking sheets (use a small spatula to transfer). Reroll scraps as needed.
- Bake cookies until dry-looking and just starting to brown on edges, about 8 minutes. Set pans on racks and let cookies cool on pans.
- Scoop about 2 tbsp. ice cream onto the flat side of one cookie and sandwich with another cookie. Freeze airtight until firm.
- Make ahead: Chill dough (step

up to 1 week. Store baked cookies airtight up to 3 days.

Nutrition Facts



Properties

Glycemic Index:6.74, Glycemic Load:9.91, Inflammation Score:-2, Nutrition Score:3.2717391323784%

Nutrients (% of daily need)

Calories: 151.67kcal (7.58%), Fat: 7g (10.77%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 19.86g (7.22%), Sugar: 12.84g (14.27%), Cholesterol: 25.97mg (8.66%), Sodium: 101.21mg (4.4%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Manganese: 0.17mg (8.27%), Vitamin B2: 0.12mg (6.93%), Selenium: 4.53µg (6.47%), Vitamin B1: 0.08mg (5.5%), Calcium: 50.62mg (5.06%), Vitamin A: 238.68IU (4.77%), Folate: 18.12µg (4.53%), Phosphorus: 43.81mg (4.38%), Magnesium: 14.98mg (3.75%), Iron: 0.66mg (3.69%), Potassium: 125.16mg (3.58%), Vitamin B3: 0.6mg (2.99%), Vitamin B5: 0.26mg (2.57%), Vitamin B6: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.12%), Copper: 0.04mg (1.97%), Zinc: 0.29mg (1.93%), Fiber: 0.48g (1.93%), Vitamin E: 0.21mg (1.39%)