



Ice Cream Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

DESSERT

Ingredients

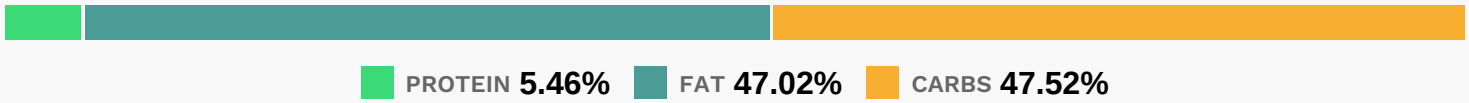
- ☐ 16 grands flaky refrigerator biscuits
- ☐ 8 servings candy bars crumbled chopped
- ☐ 1 pint whipped cream

Equipment

Directions

- ☐
- Scoop 1 pint of vanilla ice cream onto 8 of your favorite cookies. Top with 8 more cookies to make sandwiches.
- ☐
- Roll the edges in chopped nuts, chocolate chips, or crumbled candy bars.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:16.26, Inflammation Score:-2, Nutrition Score:3.9669565377028%

Nutrients (% of daily need)

Calories: 230.23kcal (11.51%), Fat: 12.03g (18.51%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.69g (9.7%), Sugar: 17.43g (19.37%), Cholesterol: 26.02mg (8.67%), Sodium: 117.92mg (5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin B2: 0.2mg (12.04%), Calcium: 79.02mg (7.9%), Phosphorus: 75.3mg (7.53%), Vitamin B1: 0.09mg (6.32%), Vitamin A: 266.21IU (5.32%), Folate: 19.16µg (4.79%), Manganese: 0.09mg (4.52%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.4mg (4.04%), Potassium: 138.16mg (3.95%), Vitamin B12: 0.23µg (3.84%), Vitamin B3: 0.72mg (3.62%), Iron: 0.65mg (3.61%), Zinc: 0.51mg (3.37%), Selenium: 2.3µg (3.29%), Magnesium: 11.08mg (2.77%), Fiber: 0.67g (2.7%), Vitamin K: 2.38µg (2.26%), Vitamin B6: 0.04mg (2.13%), Copper: 0.03mg (1.58%)