



Ice Cream Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



457 kcal

Ingredients

- 18 ounces chocolate chip cookie mix refrigerated
- 4 cups whipped cream

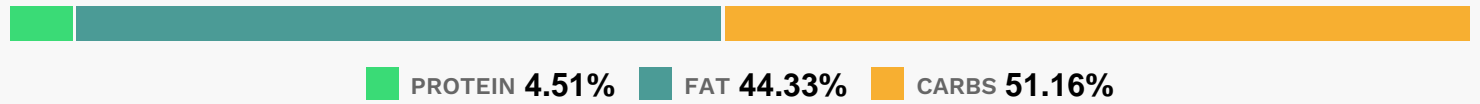
Equipment

- baking sheet
- oven
- plastic wrap

Directions

- Bake cookies according to package directions. Cool on baking sheets for 1-2 minutes before removing to wire racks. Cool for 5 minutes.
- Place 1/2 cup of ice cream on the bottoms of eight cookies; top each with another cookie and press down gently. Wrap each in plastic wrap. Freeze until serving.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:29.37, Inflammation Score:-3, Nutrition Score:5.3439130588718%

Nutrients (% of daily need)

Calories: 457.47kcal (22.87%), Fat: 22.63g (34.82%), Saturated Fat: 10.6g (66.28%), Carbohydrates: 58.76g (19.59%), Net Carbohydrates: 56.51g (20.55%), Sugar: 34.66g (38.51%), Cholesterol: 34.14mg (11.38%), Sodium: 281.79mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin B2: 0.27mg (16.07%), Vitamin B1: 0.24mg (15.84%), Folate: 46.04µg (11.51%), Phosphorus: 100.56mg (10.06%), Fiber: 2.25g (8.99%), Calcium: 84.48mg (8.45%), Magnesium: 30.29mg (7.57%), Potassium: 247.43mg (7.07%), Vitamin B3: 1.35mg (6.76%), Vitamin A: 277.86IU (5.56%), Zinc: 0.77mg (5.16%), Iron: 0.82mg (4.58%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.38mg (3.83%), Selenium: 1.19µg (1.7%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.2mg (1.32%)