



Ice Cream Sandwiches

READY IN



360 min.

SERVINGS



12

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup natural cocoa powder unsweetened
- ☐ 1 tablespoon plus light
- ☐ 1 large egg yolk
- ☐ 0.8 cup flour all-purpose
- ☐ 1 pint ice cream (any flavor)
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract pure

Equipment

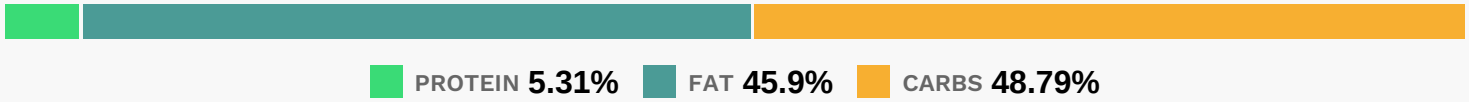
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Whisk flour, cocoa powder, baking soda, and salt in a medium bowl. Using an electric mixer, beat butter, sugar, and corn syrup in another medium bowl until light and fluffy, about 3 minutes.
- ☐ Add egg yolk and vanilla; beat until combined.
- ☐ Reduce mixer speed to low, add dry ingredients, and mix until just combined.
- ☐ Mix in sour cream. Form dough into a 3/4"-thick square, wrap tightly in plastic, and chill until firm, 2-3 hours.
- ☐ Preheat oven to 350°F.
- ☐ Roll out dough between 2 sheets of parchment to about 1/8" thickness.
- ☐ Transfer dough (still between parchment) to a large baking sheet and chill until firm, at least 30 minutes.
- ☐ Remove top sheet of parchment (it will come away easily if dough is well chilled) and trim to a 14x10" rectangle.
- ☐ Bake cookie until dry and just set at edges, 8-10 minutes.
- ☐ Transfer baking sheet to a wire rack; let cookie cool.
- ☐ Trim cookie to a 12x9" rectangle, then cut into twelve 3" squares. Scoop ice cream into a medium bowl and mix just until softened, 2-3 minutes. Turn 6 cookies bottom side up.

- Dividing evenly, scoop ice cream on top and flatten slightly; top with remaining cookies, pressing down gently.
- ☐ Place sandwiches on a parchmentlined baking sheet and freeze until firm, at least 4 hours.
 - ☐ Cut sandwiches in half on a diagonal to make triangles. Wrap in parchment, if desired, and freeze until ready to serve.
 - ☐ DO AHEAD: Ice cream sandwiches can be made 1 week ahead. Keep frozen.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:15.91, Inflammation Score:-3, Nutrition Score:4.0017391080442%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 209.11kcal (10.46%), Fat: 10.94g (16.83%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.01g (9.09%), Sugar: 18.23g (20.25%), Cholesterol: 48.29mg (16.1%), Sodium: 177.58mg (7.72%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.85g (5.7%), Vitamin B2: 0.15mg (8.88%), Vitamin A: 367.59IU (7.35%), Phosphorus: 70.98mg (7.1%), Selenium: 4.58µg (6.54%), Manganese: 0.13mg (6.39%), Calcium: 58.87mg (5.89%), Vitamin B1: 0.08mg (5.54%), Folate: 19.18µg (4.8%), Fiber: 1.15g (4.6%), Copper: 0.09mg (4.58%), Magnesium: 16.55mg (4.14%), Iron: 0.69mg (3.85%), Potassium: 119.23mg (3.41%), Zinc: 0.5mg (3.34%), Vitamin B12: 0.2µg (3.26%), Vitamin B5: 0.32mg (3.21%), Vitamin B3: 0.55mg (2.76%), Vitamin E: 0.33mg (2.18%), Vitamin D: 0.26µg (1.74%), Vitamin B6: 0.03mg (1.51%)