



WHATSheATE



Ice Cream Wafflewiches

READY IN



50 min.

SERVINGS



6

CALORIES



626 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon coconut oil
- ☐ 1 eggs
- ☐ 6 servings whipped cream
- ☐ 6 servings m&m candies chopped
- ☐ 0.7 cup milk
- ☐ 6 oz semi chocolate chips
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla

- ☐ 1.5 cups baking mix original bisquick®

Equipment

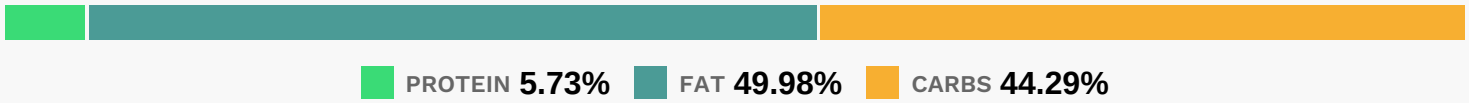
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ measuring cup
- ☐ waffle iron

Directions

- ☐ Heat waffle maker according to manufacturers' instructions. Line cookie sheet with cooking parchment paper.
- ☐ In medium bowl, stir together Bisquick mix and sugar. In 1-cup glass measuring cup, beat milk and egg with small whisk until well combined. Beat in canola oil and vanilla.
- ☐ Spray waffle maker lightly with canola or olive oil cooking spray. Scoop about 1/4 cup batter into center of each waffle maker section; close lid.
- ☐ Bake until done (many waffle makers have a light or beep to alert you). Repeat with remaining batter. Cool waffles to room temperature.
- ☐ Place waffles on cookie sheet; freeze 15 to 30 minutes or until waffles and cookie sheet are cold.
- ☐ Meanwhile, in medium microwavable bowl, microwave chocolate chips on High 30 seconds. Stir; repeat in 10-second increments until chocolate is melted. Stir in coconut oil.
- ☐ Place candy sprinkles and other desired toppings in shallow bowls or dishes.
- ☐ Remove waffles from freezer. Dip each in chocolate; shake off excess. Dip or sprinkle with toppings; return to cold cookie sheet. Before coating hardens completely, move dipped waffle to sheet of cooking parchment paper or another spot to prevent pooling. Repeat with remaining waffles.

- ☐ If necessary, place waffles in freezer to speed up hardening of chocolate. Once chocolate is hard, generously scoop ice cream on 1 waffle; top with second waffle to form sandwich.
- ☐ Serve immediately, or wrap and freeze for serving later.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:15.52, Inflammation Score:-5, Nutrition Score:12.8999999916553%

Nutrients (% of daily need)

Calories: 625.91kcal (31.3%), Fat: 34.82g (53.56%), Saturated Fat: 17.09g (106.81%), Carbohydrates: 69.41g (23.14%), Net Carbohydrates: 65.64g (23.87%), Sugar: 47.01g (52.23%), Cholesterol: 64.12mg (21.37%), Sodium: 469.49mg (20.41%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.98g (17.95%), Phosphorus: 360.45mg (36.05%), Manganese: 0.49mg (24.4%), Vitamin B2: 0.38mg (22.15%), Copper: 0.42mg (21.09%), Calcium: 210.79mg (21.08%), Magnesium: 70.85mg (17.71%), Iron: 3mg (16.67%), Vitamin B1: 0.23mg (15.12%), Fiber: 3.77g (15.06%), Selenium: 8.64µg (12.34%), Potassium: 392.92mg (11.23%), Folate: 44.25µg (11.06%), Zinc: 1.59mg (10.63%), Vitamin B12: 0.64µg (10.62%), Vitamin B5: 0.95mg (9.47%), Vitamin E: 1.31mg (8.76%), Vitamin B3: 1.71mg (8.57%), Vitamin A: 410.35IU (8.21%), Vitamin K: 7.63µg (7.27%), Vitamin B6: 0.09mg (4.66%), Vitamin D: 0.58µg (3.85%)