



## Margarita Ice-Cream Sandwiches



Vegetarian

READY IN



480 min.

SERVINGS



16

CALORIES



214 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon sea salt
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 2 cups lime softened
- ☐ 2 tablespoons juice of lime fresh
- ☐ 5 teaspoons lime zest divided grated
- ☐ 2 cups vanilla ice cream softened reduced-fat

- ☐ 1 cup sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup butter unsalted softened

## Equipment

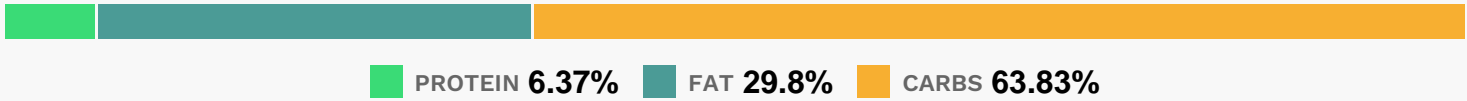
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

## Directions

- ☐ Place butter and sugar in a large bowl; beat with a mixer at medium speed for 5 minutes or until light and fluffy.
- ☐ Add egg, 1 tablespoon lime rind, and lime juice; beat 2 minutes or until well combined.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and 1/8 teaspoon table salt; stir with a whisk.
- ☐ Add flour mixture to butter mixture, and beat just until combined.
- ☐ Divide dough into 2 equal portions. Shape each portion into a 6-inch log. Wrap logs individually in plastic wrap; chill 3 hours or until firm.
- ☐ Preheat oven to 35
- ☐ Cut each log into 16 (about 1/3-inch-thick) slices, and place 1 inch apart on baking sheets lined with parchment paper.

- ☐
- Sprinkle the cookies evenly with remaining 2 teaspoons lime rind, turbinado sugar, and sea salt.
- ☐
- Bake at 350 for 10 minutes or until edges are lightly browned. Cool for 2 minutes on pans on a wire rack.
- ☐
- Remove from baking sheets, and cool completely on wire rack.
- ☐
- Place vanilla ice cream and sherbet in a medium bowl; lightly fold and swirl together. Scoop 1/4 cup ice cream mixture onto bottom of one cookie, and top with one cookie. Cover each sandwich with plastic wrap; freeze 4 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:21.91, Inflammation Score:-3, Nutrition Score:4.6930434470591%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 5.6mg, Hesperetin: 5.6mg, Hesperetin: 5.6mg, Hesperetin: 5.6mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 214.2kcal (10.71%), Fat: 7.23g (11.12%), Saturated Fat: 4.33g (27.07%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 33.88g (12.32%), Sugar: 17.24g (19.15%), Cholesterol: 32.01mg (10.67%), Sodium: 150.68mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Selenium: 8.16µg (11.66%), Vitamin B1: 0.17mg (11.28%), Folate: 39.76µg (9.94%), Vitamin B2: 0.17mg (9.81%), Manganese: 0.14mg (6.88%), Calcium: 63.65mg (6.36%), Iron: 1.13mg (6.25%), Vitamin B3: 1.21mg (6.06%), Phosphorus: 59.31mg (5.93%), Vitamin A: 286.52IU (5.73%), Vitamin C: 4.46mg (5.41%), Fiber: 0.95g (3.78%), Vitamin B5: 0.26mg (2.62%), Potassium: 81.92mg (2.34%), Zinc: 0.34mg (2.26%), Copper: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.15%), Magnesium: 8.49mg (2.12%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.44%), Vitamin D: 0.19µg (1.25%)