



Monster Cookie Ice Cream Sandwiches

READY IN



120 min.

SERVINGS



12

CALORIES



406 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 pouch basic cookie mix
- 3 tablespoons creamy peanut butter
- 1 eggs
- 0.3 cup m&m candies
- 0.5 cup raisins
- 0.3 cup semi chocolate chips
- 3 cups whipped cream
- 1 tablespoon water

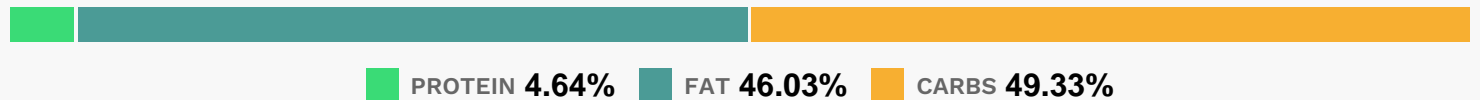
Equipment

- bowl
- baking sheet
- oven

Directions

- In medium bowl, stir together ice cream, chocolate candies, chocolate chips and peanut butter. Freeze until firm, about 1 hour.
- Meanwhile, heat oven to 375F (350F for dark or nonstick cookie sheets). In large bowl, combine cookie mix, butter, water and egg; stir just until combined. Stir in raisins.
- Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.
- Bake 11 to 13 minutes or until light golden brown. Cool 1 minute on cookie sheets.
- Transfer cookies to cooling racks; cool completely, about 30 minutes.
- Onto bottom side of half of the cooled cookies, place scant scoop of ice cream mixture. Top with another cookie, bottom side down.
- Place sandwich cookies on cookie sheet. Freeze until firm, about 1 hour, before serving.

Nutrition Facts



Properties

Glycemic Index:15.32, Glycemic Load:7.26, Inflammation Score:-3, Nutrition Score:4.148260862931%

Nutrients (% of daily need)

Calories: 406.4kcal (20.32%), Fat: 20.67g (31.8%), Saturated Fat: 9.7g (60.63%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 47.53g (17.28%), Sugar: 30.99g (34.43%), Cholesterol: 49.37mg (16.46%), Sodium: 158.06mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 4.68g (9.37%), Fiber: 2.3g (9.2%), Vitamin A: 406.68IU (8.13%), Vitamin B2: 0.13mg (7.72%), Phosphorus: 72.02mg (7.2%), Manganese: 0.13mg (6.41%), Calcium: 57.6mg (5.76%), Potassium: 185.27mg (5.29%), Magnesium: 20.43mg (5.11%), Vitamin E: 0.74mg (4.96%), Copper: 0.09mg (4.61%), Iron: 0.76mg (4.23%), Vitamin B3: 0.84mg (4.18%), Selenium: 2.33µg (3.33%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.18µg (3.07%), Vitamin B1: 0.04mg (2.7%), Vitamin B6: 0.05mg (2.64%), Folate: 7.28µg (1.82%)