



Oatmeal Cookie Sandwiches with Nectarine Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 pounds nectarines pitted cut into 1/4-inch cubes
- ☐ 1.5 cups old-fashioned oats
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 pint whipped cream softened

Equipment

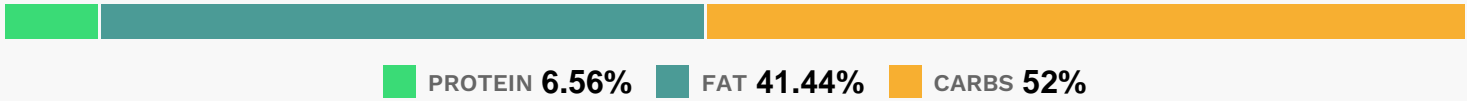
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 350°F. Line 2 baking sheets with parchment paper.
- ☐ Mix first 5 ingredients in medium bowl. Using electric mixer, beat butter in large bowl until fluffy.
- ☐ Add both sugars; beat until well blended. Beat in egg and vanilla. Stir in dry ingredients. Using 2 tablespoons batter per cookie, drop 8 mounds onto each sheet, spacing mounds 3 inches apart. Flatten to 2-inch rounds.
- ☐ Bake cookies 10 minutes. Reverse baking sheets and bake until cookies are golden and dry to touch, about 3 minutes longer.
- ☐ Let cool 2 minutes.
- ☐ Transfer cookies to rack. Cool completely. (Can be made 1 day ahead. Store airtight.)
- ☐ Preheat oven to 375°F. Spray large rimmed baking sheet with nonstick spray.
- ☐ Spread nectarines in single layer on sheet.
- ☐ Sprinkle with sugar; toss to coat.
- ☐ Bake nectarines 15 minutes. Stir well.

- ☐
- Bake until fruit is tender and juices begin to thicken and caramelize, stirring every 5 minutes to prevent burning, about 20 minutes longer.
- ☐
- Transfer fruit and juices to large bowl; mash coarsely; cool.
- ☐
- Mix ice cream into fruit. Freeze until almost firm, about 45 minutes.
- ☐
- Place 8 cookies, flat side up, on work surface.
- ☐
- Spread 1/3 cup ice cream over each. Top each with 1 cookie, flat side down, and press gently to adhere (reserve any remaining ice cream for another use). Wrap sandwiches in foil and freeze. (Can be made 3 days ahead. Keep frozen.)

Nutrition Facts



Properties

Glycemic Index:36.76, Glycemic Load:25.41, Inflammation Score:-6, Nutrition Score:10.637826193934%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 426.46kcal (21.32%), Fat: 19.97g (30.73%), Saturated Fat: 11.69g (73.04%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 52.8g (19.2%), Sugar: 34.63g (38.47%), Cholesterol: 79.78mg (26.59%), Sodium: 286.36mg (12.45%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 7.11g (14.23%), Manganese: 0.71mg (35.68%), Vitamin A: 920.03IU (18.4%), Phosphorus: 175.45mg (17.54%), Selenium: 11.64µg (16.63%), Vitamin B2: 0.28mg (16.54%), Vitamin B1: 0.22mg (14.56%), Fiber: 3.61g (14.43%), Magnesium: 41.46mg (10.37%), Calcium: 103.02mg (10.3%), Vitamin B3: 1.91mg (9.53%), Folate: 37.83µg (9.46%), Iron: 1.69mg (9.39%), Potassium: 321.97mg (9.2%), Zinc: 1.32mg (8.81%), Copper: 0.17mg (8.59%), Vitamin B5: 0.85mg (8.47%), Vitamin E: 1.16mg (7.77%), Vitamin B12: 0.31µg (5.17%), Vitamin B6: 0.09mg (4.25%), Vitamin C: 2.83mg (3.43%), Vitamin K: 3.27µg (3.11%), Vitamin D: 0.46µg (3.04%)