



## Oatmeal-Rum-Raisin Ice-cream Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



718 kcal

### Ingredients

- 0.3 cup rum dark
- 0.5 cup golden raisins
- 8.8 ounce chewy oatmeal cookies
- 2 pints whipped cream softened

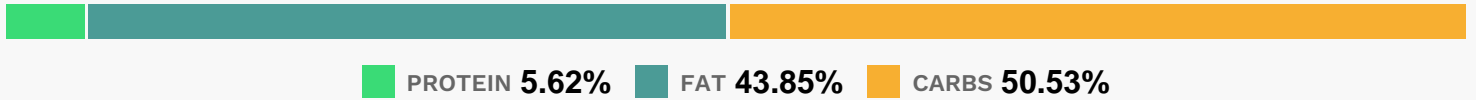
### Equipment

- wax paper

### Directions

- Pour rum over golden raisins; let stand 2 hours.
- Drain and discard rum. Stir rum-soaked raisins into softened ice cream. Freeze 30 minutes.
- Spread ice cream evenly on 1 side of 5 large chewy cookies; top with remaining large chewy cookies.
- Place in plastic or wax paper sandwich bags, and freeze at least 1 hour.

## Nutrition Facts



### Properties

Glycemic Index:39.33, Glycemic Load:52.49, Inflammation Score:-6, Nutrition Score:12.487826119299%

### Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

### Nutrients (% of daily need)

Calories: 718.3kcal (35.92%), Fat: 33.88g (52.13%), Saturated Fat: 16.89g (105.57%), Carbohydrates: 87.85g (29.28%), Net Carbohydrates: 85.3g (31.02%), Sugar: 59.42g (66.03%), Cholesterol: 83.28mg (27.76%), Sodium: 328.41mg (14.28%), Alcohol: 4.01g (100%), Alcohol %: 1.91% (100%), Protein: 9.78g (19.56%), Vitamin B2: 0.64mg (37.54%), Calcium: 256.4mg (25.64%), Phosphorus: 248.63mg (24.86%), Vitamin B1: 0.25mg (16.97%), Vitamin A: 839.49IU (16.79%), Potassium: 528.72mg (15.11%), Manganese: 0.27mg (13.71%), Vitamin B5: 1.27mg (12.7%), Folate: 50.08µg (12.52%), Vitamin B12: 0.74µg (12.3%), Vitamin E: 1.8mg (11.97%), Zinc: 1.6mg (10.67%), Iron: 1.91mg (10.63%), Fiber: 2.55g (10.2%), Vitamin B3: 2.01mg (10.07%), Magnesium: 38.52mg (9.63%), Selenium: 6.58µg (9.41%), Vitamin B6: 0.17mg (8.65%), Copper: 0.14mg (7.17%), Vitamin K: 6.53µg (6.22%), Vitamin D: 0.38µg (2.52%), Vitamin C: 1.6mg (1.94%)