



Peanut Butter and Jelly Ice Cream Sandwiches

 Gluten Free

READY IN



405 min.

SERVINGS



9

CALORIES



596 kcal

DESSERT

Ingredients

- 1 eggs
- 2 cups half-and-half
- 1 cup peanut butter
- 9 servings peanuts chopped
- 2 cups strawberries diced
- 6 tablespoons strawberry preserves
- 0.8 cup sugar
- 1.5 cups sugar

- 1 teaspoon vanilla extract
- 1 cup whipping cream
- 1 cup milk whole

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- mixing bowl
- ice cream machine

Directions

- Preheat the oven to 350 degrees F. Grease a large baking sheet.
- In a mixing bowl, combine the peanut butter, 1 cup sugar, the egg, and vanilla, and stir well with a spoon.
- Roll the dough into balls the size of walnuts.
- Place the balls on the prepared baking sheet. With a fork, dipped in sugar to prevent sticking, press a crisscross design on each cookie.
- Bake for 12 minutes, remove from the oven, and sprinkle the cookies with some of the remaining sugar. Cool slightly before removing from pan.
- In a small bowl, whisk together the first 5 ingredients. Puree the strawberries in a food processor and add to cream mixture.
- Pour the mixture into an ice cream maker. After freezing in the ice cream maker, transfer to a container and place in the freezer, to freeze solid, for 6 hours before serving.
- Spread the strawberry preserves on a peanut butter cookie. Top with a small scoop of strawberry ice cream and cover with another cookie.
- Roll sides in peanut butter chips or peanuts, if desired.

Nutrition Facts

PROTEIN 6.88% FAT 46.46% CARBS 46.66%

Properties

Glycemic Index:31.91, Glycemic Load:41.79, Inflammation Score:-6, Nutrition Score:11.792173914287%

Flavonoids

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Nutrients (% of daily need)

Calories: 595.84kcal (29.79%), Fat: 31.98g (49.2%), Saturated Fat: 13.42g (83.88%), Carbohydrates: 72.26g (24.09%), Net Carbohydrates: 70.1g (25.49%), Sugar: 65.31g (72.57%), Cholesterol: 70.14mg (23.38%), Sodium: 185.3mg (8.06%), Alcohol: 0.15g (100%), Alcohol %: 0.08% (100%), Protein: 10.65g (21.31%), Manganese: 0.56mg (27.77%), Vitamin C: 20.63mg (25.01%), Vitamin E: 3.16mg (21.09%), Phosphorus: 210.91mg (21.09%), Vitamin B3: 4.05mg (20.25%), Vitamin B2: 0.3mg (17.39%), Magnesium: 64.26mg (16.07%), Calcium: 133.46mg (13.35%), Vitamin A: 653.27IU (13.07%), Potassium: 366.09mg (10.46%), Vitamin B6: 0.21mg (10.3%), Folate: 38.77µg (9.69%), Selenium: 6.4µg (9.14%), Fiber: 2.16g (8.65%), Zinc: 1.23mg (8.23%), Copper: 0.16mg (8.22%), Vitamin B5: 0.75mg (7.46%), Vitamin B1: 0.09mg (5.87%), Vitamin B12: 0.33µg (5.57%), Vitamin D: 0.82µg (5.46%), Iron: 0.86mg (4.76%), Vitamin K: 2.43µg (2.32%)