



Peanut-Butter Chocolate Ice Cream Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



359 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda and salt
- ☐ 6 tablespoons butter softened
- ☐ 0.5 batch caramel peanut-butter ice cream salted softened
- ☐ 1 large eggs
- ☐ 1 cup flour
- ☐ 0.3 cup granulated sugar

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup cocoa powder unsweetened (not Dutch-processed)
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings vegetable oil for your hands

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter and sugars together in a medium bowl with a hand or stand mixer on high speed until light and fluffy, about 2 minutes.
- ☐ Add egg and vanilla and beat until combined.
- ☐ In a medium bowl, sift together flour, cocoa, baking powder, baking soda, and salt. With mixer on medium speed, add dry ingredients to creamed mixture in 2 batches, beating 15 to 20 seconds after each batch to incorporate and scraping sides of bowl as needed.
- ☐ Lightly oil your hands and use them to roll dough into 16 walnut-size balls. Evenly space the balls on 2 parchment-lined cookie sheets and, using your palms, press each ball into a 2-in. disk.
- ☐ Bake cookies until they have spread out and are cooked but still soft, about 10 minutes. Cool slightly, then transfer to a baking rack to cool completely.
- ☐ To make ice cream sandwiches, spoon 1/4 cup ice cream onto flat side of 8 cookies. Top with remaining cookies, flat side down, pressing lightly. Chill sandwiches in freezer about 10 minutes, just long enough to chill ice cream but not enough to harden cookies. Eat immediately.

Nutrition Facts



 **PROTEIN 3.46%**  **FAT 57.68%**  **CARBS 38.86%**

Properties

Glycemic Index:35.89, Glycemic Load:14.54, Inflammation Score:-4, Nutrition Score:6.3821739191594%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 359.13kcal (17.96%), Fat: 23.78g (36.59%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 34.29g (12.47%), Sugar: 21.89g (24.32%), Cholesterol: 45.83mg (15.27%), Sodium: 155.6mg (6.77%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.21g (6.42%), Vitamin K: 26.64µg (25.37%), Manganese: 0.26mg (12.81%), Selenium: 8.05µg (11.5%), Vitamin E: 1.47mg (9.78%), Vitamin B1: 0.13mg (8.57%), Copper: 0.17mg (8.51%), Folate: 33.13µg (8.28%), Iron: 1.48mg (8.23%), Vitamin B2: 0.12mg (7.06%), Fiber: 1.75g (6.99%), Phosphorus: 66.89mg (6.69%), Magnesium: 23.68mg (5.92%), Vitamin A: 296.2IU (5.92%), Vitamin B3: 1.03mg (5.13%), Calcium: 46.57mg (4.66%), Zinc: 0.45mg (2.99%), Potassium: 101.64mg (2.9%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.03mg (1.39%), Vitamin B12: 0.07µg (1.23%)