



Peanut Butter Ice Cream Sandwiches

 Dairy Free

READY IN



120 min.

SERVINGS



18

CALORIES



214 kcal

DESSERT

Ingredients

- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 1 tablespoon water
- 3 tablespoons vegetable oil
- 1 eggs
- 4.5 cups whipped cream softened
- 1 serving m&m candies chopped

Equipment

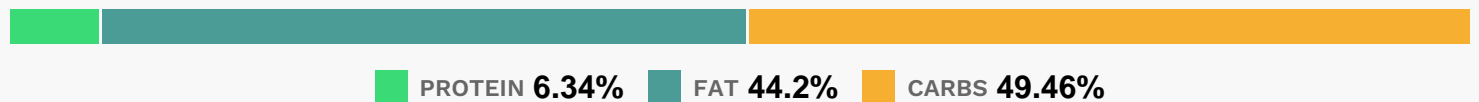
- baking sheet

- oven
- wire rack
- plastic wrap

Directions

- Heat oven to 375°F. Make cookie mix as directed on pouch, using water, oil and egg. Shape dough into 36 balls, about 1 inch each. On ungreased cookie sheet, place balls 2 inches apart (or drop dough by rounded teaspoonfuls). Flatten in crisscross pattern with fork.
- Bake 8 to 10 minutes or until edges begin to brown. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- For each ice cream sandwich, press about 1/4 cup ice cream between 2 cookies.
- Roll the ice cream edges in chopped peanuts or candies. Wrap sandwiches individually in plastic wrap. Freeze about 30 minutes or until firm. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:2.0226087013017%

Nutrients (% of daily need)

Calories: 214.12kcal (10.71%), Fat: 10.75g (16.54%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 25.83g (9.39%), Sugar: 18.35g (20.39%), Cholesterol: 23.74mg (7.91%), Sodium: 256.83mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin B2: 0.09mg (5.32%), Fiber: 1.24g (4.95%), Calcium: 44.6mg (4.46%), Vitamin K: 4.27µg (4.07%), Phosphorus: 39.49mg (3.95%), Vitamin A: 154IU (3.08%), Vitamin B12: 0.15µg (2.51%), Iron: 0.44mg (2.44%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.31mg (2.07%), Potassium: 69.04mg (1.97%), Selenium: 1.34µg (1.92%), Zinc: 0.26mg (1.73%), Magnesium: 4.92mg (1.23%)