



Peanut Butter Ice Cream Sandwiches

READY IN



90 min.

SERVINGS



30

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 3 cups strawberry ice cream softened

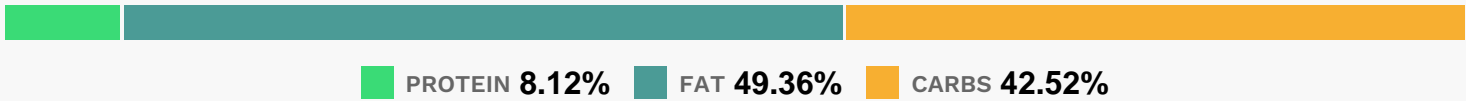
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375F. Line 2 large baking sheets with parchment.
- ☐ Sift flour, baking soda and salt together. Using an electric mixer on medium speed, beat butter and sugar together until light, about 2 minutes.
- ☐ Add egg; mix well. Beat in peanut butter and vanilla. Beat flour mixture into butter mixture.
- ☐ Roll dough into 1 1/2-inch balls; place 2 inches apart on sheets. Flatten with a fork in a crisscross design.
- ☐ Bake until golden, 12 to 15 minutes.
- ☐ Let cool on sheets for 5 minutes; transfer to a rack to cool.
- ☐ Place 1 scoop of ice cream on a cookie, top with another cookie and carefully press down. Wrap in plastic wrap and freeze. Repeat with remaining cookies and ice cream. Freeze for 45 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:8.32, Inflammation Score:-2, Nutrition Score:3.4139130607895%

Nutrients (% of daily need)

Calories: 154.64kcal (7.73%), Fat: 8.77g (13.5%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.3g (5.93%), Sugar: 7.6g (8.44%), Cholesterol: 18.05mg (6.02%), Sodium: 67.33mg (2.93%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 3.24g (6.49%), Manganese: 0.18mg (9.01%), Vitamin B3: 1.54mg (7.69%), Vitamin E: 0.89mg (5.94%), Vitamin B2: 0.09mg (5.37%), Folate: 21.31µg (5.33%), Phosphorus: 53.31mg (5.33%), Selenium: 3.31µg (4.73%), Vitamin B1: 0.07mg (4.52%), Magnesium: 18.05mg (4.51%), Vitamin A:

144.54IU (2.89%), Fiber: 0.7g (2.8%), Iron: 0.5mg (2.78%), Copper: 0.05mg (2.62%), Vitamin B6: 0.05mg (2.53%),
Vitamin B5: 0.24mg (2.43%), Potassium: 83.53mg (2.39%), Calcium: 22.9mg (2.29%), Zinc: 0.33mg (2.22%), Vitamin
C: 1.02mg (1.23%), Vitamin B12: 0.06µg (1.01%)