



Peanut Butter Ice Cream Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons no-sugar-added creamy peanut butter
- ☐ 32 inch gingersnaps
- ☐ 2 cups vanilla no-sugar-added fat-free softened

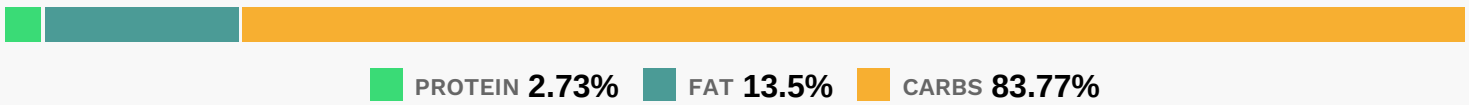
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Swirl peanut butter into ice cream.
- ☐ Place in freezer 30 minutes or until firm enough to spread.
- ☐ Spread 1/4 cup ice cream mixture onto each of 8 gingersnaps. Top with remaining 8 gingersnaps.
- ☐ Place sandwiches on a 15- x 10-inch jelly-roll pan; freeze until firm. Wrap sandwiches in plastic wrap, and store in freezer.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:35.05, Inflammation Score:-1, Nutrition Score:2.4317391126052%

Nutrients (% of daily need)

Calories: 270.59kcal (13.53%), Fat: 4.22g (6.49%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 58.44g (21.25%), Sugar: 52.55g (58.39%), Cholesterol: 0mg (0%), Sodium: 82.63mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Manganese: 0.25mg (12.4%), Vitamin B3: 1.13mg (5.64%), Iron: 0.78mg (4.33%), Vitamin E: 0.65mg (4.3%), Magnesium: 15.12mg (3.78%), Folate: 14µg (3.5%), Vitamin B2: 0.05mg (2.98%), Copper: 0.06mg (2.98%), Phosphorus: 28.77mg (2.88%), Fiber: 0.51g (2.05%), Potassium: 69.99mg (2%), Vitamin B1: 0.03mg (1.91%), Vitamin B6: 0.04mg (1.83%), Selenium: 1.06µg (1.52%), Zinc: 0.21mg (1.42%), Calcium: 11.26mg (1.13%), Vitamin B5: 0.1mg (1.02%)