



Pizzelle Cookie Sorbet Sandwiches

READY IN



45 min.

SERVINGS



15

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg whites lightly beaten
- ☐ 0.5 teaspoon lemon extract pure
- ☐ 0.5 cup butter light melted
- ☐ 17.5 ounce sugar cookie mix ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 cups fruit assorted softened fruit-flavored

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 5 ingredients in a bowl, stirring with a whisk; add to cookie mix, stirring until smooth. Drop batter by level tablespoons about 2 inches apart onto baking sheets lined with nonstick foil or parchment paper. Using the back of a spoon, spread batter into 3-inch circles.
- ☐ Bake at 375 for 8 to 10 minutes or until cookies are golden brown around the edges.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ Place about 3 tablespoons sorbet on 1 cookie; top with another cookie, and gently press until sorbet reaches edges. Carefully smooth sorbet around edges of the sandwich with spatula. Immediately wrap sandwich in plastic wrap or wax paper, and place in freezer. Repeat procedure using remaining sorbet and cookies. Freeze at least 2 hours before serving. Store in an airtight container in the freezer for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6600000080855%

Nutrients (% of daily need)

Calories: 203.18kcal (10.16%), Fat: 6.56g (10.1%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 33.4g (12.14%), Sugar: 20.72g (23.03%), Cholesterol: 20.88mg (6.96%), Sodium: 108.14mg (4.7%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 2.32g (4.65%), Vitamin A: 296.99IU (5.94%), Vitamin B2: 0.05mg (3.13%), Fiber: 0.76g (3.03%), Vitamin K: 2.57µg (2.45%), Iron: 0.41mg (2.3%), Selenium: 1.54µg (2.2%), Folate: 7.97µg (1.99%), Copper: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.85%), Vitamin B3: 0.33mg (1.63%), Potassium: 56.25mg (1.61%), Phosphorus: 15.35mg (1.53%), Vitamin C: 1.04mg (1.26%), Vitamin E: 0.16mg (1.08%)