



Posh ice cream sandwiches

READY IN



25 min.

SERVINGS



7

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 7 servings grands flaky refrigerator biscuits
- ☐ 0.5 whipped cream well (vanilla or chocolate also works)
- ☐ 100 g chocolate white
- ☐ 50 g pistachios shelled finely chopped

Equipment

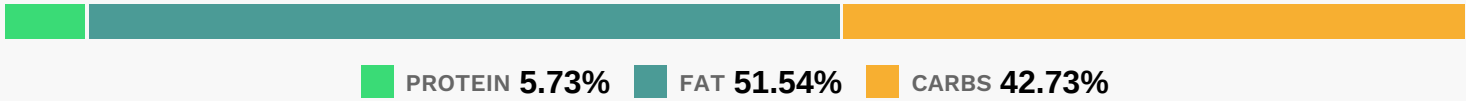
- ☐ food processor
- ☐ bowl
- ☐ frying pan

☐ microwave

Directions

- ☐ Before you start, make sure you have space for a flat tray in your freezer. arrange half the wafer biscuits on the tray. Spoon the ice cream into a food processor and pulse until just smooth (be careful not to not let it melt too much). Spoon quickly into a disposable piping bag, cut off the end (a little narrower than the width of a biscuit) and pipe an ice cream log onto the biscuits. Try to squeeze from the end of the bag, so that the heat from your hands doesnt melt the ice cream.
- ☐ Place a second biscuit on top to complete the sandwiches and press together a little to squeeze the ice cream to the edges.
- ☐ Put the tray into the freezer and freeze for at least an 1 hr.
- ☐ Melt the chocolate in a microwave or in a heatproof bowl over a pan of simmering water. Tip the pistachios into a dish. Working quickly, dip the end of each frozen sandwich into the melted chocolate, then into the pistachios. Put back onto your tray and freeze again for 1 hr. Will keep for 1 month frozen in an airtight container between sheets of baking parchment.

Nutrition Facts



Properties

Glycemic Index:30.43, Glycemic Load:17.33, Inflammation Score:-2, Nutrition Score:4.7426087156586%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 261.21kcal (13.06%), Fat: 15.17g (23.34%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 27.17g (9.88%), Sugar: 15.04g (16.71%), Cholesterol: 3.03mg (1.01%), Sodium: 111.83mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin B1: 0.17mg (11.33%), Manganese: 0.21mg (10.34%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 78.7mg (7.87%), Vitamin B6: 0.15mg (7.47%), Folate: 27.33µg (6.83%), Vitamin E: 0.98mg (6.57%), Iron: 1.15mg (6.38%), Copper: 0.13mg (6.33%), Vitamin B3: 1.12mg (5.59%),

Fiber: 1.13g (4.52%), Vitamin K: 4.38µg (4.17%), Selenium: 2.88µg (4.11%), Calcium: 39.66mg (3.97%), Potassium: 138.85mg (3.97%), Magnesium: 14.29mg (3.57%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.08µg (1.34%), Vitamin A: 58.31IU (1.17%)