



Pumpkin and Maple Ice-Cream Sandwiches

READY IN



45 min.

SERVINGS



15

CALORIES



364 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup pumpkin puree canned
- 0.3 cup egg substitute
- 2.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.3 cup maple syrup

- 0.5 teaspoon pumpkin pie spice
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 quart whipped cream fat-free

Equipment

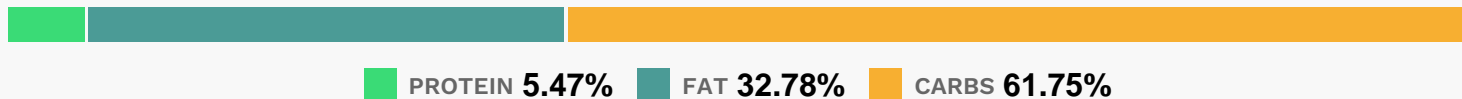
- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- Preheat oven to 350
- To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, salt, and pie spice, stirring with a whisk.
- Place granulated sugar, butter, and brown sugar in a large bowl; beat with a mixer at medium speed until well blended.
- Add pumpkin, egg substitute, and vanilla; beat well. Gradually add flour mixture to sugar mixture, stirring just until moist.
- Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. With moist hands, flatten cookies into 3-inch circles.
- Bake at 350 for 15 minutes or until set.
- Remove cookies from baking sheet; cool completely on wire racks.
- To prepare filling, combine ice cream and syrup; cover and freeze 30 minutes or until firm.
- Spread about 1/4 cup ice cream onto the flat side of each of 15 cookies. Top with remaining cookies, flat sides down, pressing gently. Wrap each sandwich tightly in plastic wrap; freeze 4

hours or until firm.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:29.06, Inflammation Score:-9, Nutrition Score:9.7356521305831%

Nutrients (% of daily need)

Calories: 364.13kcal (18.21%), Fat: 13.37g (20.56%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 55.16g (20.06%), Sugar: 37.85g (42.05%), Cholesterol: 44.03mg (14.68%), Sodium: 262.34mg (11.41%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.02g (10.04%), Vitamin A: 3005.83IU (60.12%), Vitamin B2: 0.37mg (22.02%), Manganese: 0.35mg (17.72%), Selenium: 10.18µg (14.54%), Vitamin B1: 0.2mg (13.56%), Folate: 44.22µg (11.06%), Calcium: 109.41mg (10.94%), Phosphorus: 99.64mg (9.96%), Iron: 1.43mg (7.93%), Vitamin B3: 1.39mg (6.96%), Potassium: 221.98mg (6.34%), Vitamin B5: 0.61mg (6.11%), Fiber: 1.49g (5.95%), Magnesium: 20.43mg (5.11%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.27µg (4.54%), Vitamin E: 0.62mg (4.1%), Copper: 0.07mg (3.44%), Vitamin K: 3.42µg (3.26%), Vitamin B6: 0.06mg (2.92%), Vitamin C: 1.1mg (1.33%), Vitamin D: 0.19µg (1.27%)