



Pumpkin and Maple Ice-Cream Sandwiches

READY IN



45 min.

SERVINGS



15

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 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

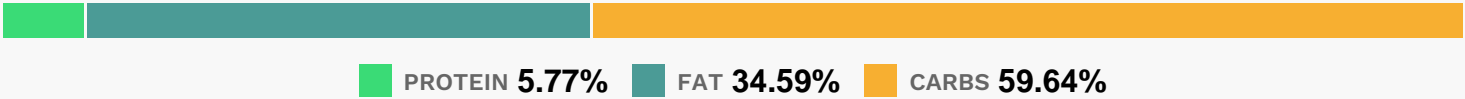
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ 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:9.6704346770826%

Nutrients (% of daily need)

Calories: 345.55kcal (17.28%), Fat: 13.37g (20.56%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 50.36g (18.31%), Sugar: 33.1g (36.78%), Cholesterol: 44.03mg (14.68%), Sodium: 260.97mg (11.35%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.01g (10.03%), Vitamin A: 3005.83IU (60.12%), Vitamin B2: 0.37mg (22.02%), Manganese: 0.35mg (17.56%), Selenium: 10.12µg (14.45%), Vitamin B1: 0.2mg (13.56%), Folate: 44.17µg (11.04%), Calcium: 105.35mg (10.54%), Phosphorus: 99.45mg (9.94%), Iron: 1.39mg (7.74%), Vitamin B3: 1.39mg (6.93%), Potassium: 215.48mg (6.16%), Vitamin B5: 0.6mg (6.04%), Fiber: 1.49g (5.95%), Magnesium: 19.99mg (5%), Zinc: 0.71mg (4.73%), Vitamin B12: 0.27µg (4.54%), Vitamin E: 0.62mg (4.1%), Copper: 0.07mg (3.32%), Vitamin K: 3.42µg (3.26%), Vitamin B6: 0.06mg (2.82%), Vitamin C: 1.1mg (1.33%), Vitamin D: 0.19µg (1.27%)