



Pumpkin-Vanilla Ice Cream Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



200 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 15 oz pumpkin pure canned
- 1 teaspoon cinnamon
- 2 large eggs
- 4 cups flour all-purpose
- 0.3 teaspoon nutmeg
- 1 teaspoon salt

- 35 servings sprinkles
- 1.5 cups sugar
- 2 teaspoons vanilla extract
- 1 quart whipped cream
- 0.7 cup vegetable oil

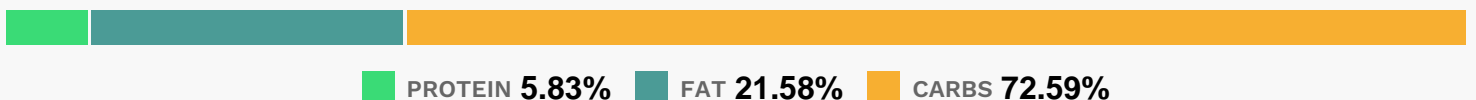
Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap

Directions

- Preheat oven to 375F. In a bowl, whisk oil, pumpkin, eggs, sugar and vanilla. In a separate bowl, combine flour, baking soda, baking powder, cinnamon, nutmeg and salt. Stir flour mixture into pumpkin mixture until just blended.
- Place rounded tablespoons of batter on an ungreased baking sheet, spacing them 1 to 2 inches apart. Using damp fingertips, flatten and shape batter into smooth rounds.
- Bake until beginning to turn light brown, about 12 minutes.
- Transfer cookies to a wire rack to cool. Repeat with remaining batter.
- Cover flat side of one cookie with a small scoop of vanilla ice cream and top with another cookie.
- Roll edges in sprinkles.
- Serve, or cover in plastic wrap and freeze.

Nutrition Facts



Properties

Glycemic Index:10.66, Glycemic Load:17.71, Inflammation Score:-8, Nutrition Score:5.6599999640299%

Nutrients (% of daily need)

Calories: 199.82kcal (9.99%), Fat: 4.8g (7.39%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 35.41g (12.88%), Sugar: 23.87g (26.52%), Cholesterol: 22.53mg (7.51%), Sodium: 179.9mg (7.82%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Protein: 2.92g (5.84%), Vitamin A: 2020.32IU (40.41%), Vitamin B2: 0.16mg (9.23%), Selenium: 6.31µg (9.01%), Vitamin B1: 0.13mg (8.49%), Folate: 30.31µg (7.58%), Manganese: 0.13mg (6.5%), Phosphorus: 58.82mg (5.88%), Calcium: 55.69mg (5.57%), Iron: 0.94mg (5.23%), Vitamin B3: 0.92mg (4.62%), Fiber: 0.96g (3.84%), Vitamin K: 3.62µg (3.45%), Vitamin B5: 0.31mg (3.12%), Potassium: 98.93mg (2.83%), Magnesium: 10.22mg (2.55%), Zinc: 0.35mg (2.31%), Vitamin B12: 0.13µg (2.18%), Copper: 0.04mg (2.15%), Vitamin E: 0.32mg (2.12%), Vitamin B6: 0.03mg (1.55%)