



Red, White and Blue Ice Cream Sandwiches

READY IN



170 min.

SERVINGS



12

CALORIES



495 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix
- 0.5 cup butter softened
- 1 teaspoon vanilla
- 2 eggs
- 1.5 quarts whipped cream softened
- 1.5 cups blueberries fresh
- 1.5 cups strawberries fresh chopped

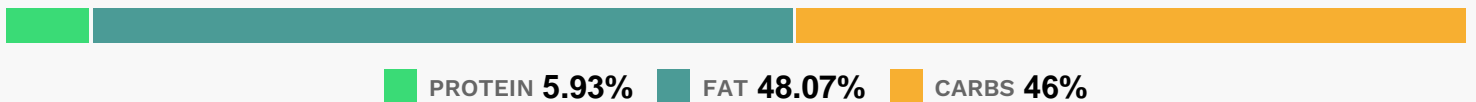
Equipment

- bowl
- frying pan
- baking paper
- oven
- wire rack
- plastic wrap
- aluminum foil

Directions

- Heat oven to 350°F. Grease 18x12-inch half-sheet pan with shortening or cooking spray or line with cooking parchment paper.
- In medium bowl, stir cake mix, butter, vanilla and eggs until well blended (batter will be thick).
- Spread in pan (you may need to use greased hands to spread evenly).
- Bake 12 minutes or until set but still soft. Cool completely in pan on cooling rack.
- Meanwhile, line 12x9-inch pan with cooking parchment or waxed paper. In large bowl, stir ice cream, blueberries and strawberries.
- Spread in pan. Freeze until firm, about 2 hours.
- Cut cake into 6 rows by 4 rows for 24 (3-inch) squares.
- Remove ice cream from freezer.
- Cut into 4 rows by 3 rows for 12 (3-inch) squares. Sandwich 1 ice cream square between 2 cake squares.
- Serve immediately, or wrap individually in plastic wrap or foil and store in freezer.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:17.83, Inflammation Score:-6, Nutrition Score:10.738260911859%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 494.52kcal (24.73%), Fat: 27.11g (41.71%), Saturated Fat: 14.31g (89.41%), Carbohydrates: 58.36g (19.45%), Net Carbohydrates: 55.87g (20.32%), Sugar: 41.66g (46.29%), Cholesterol: 99.66mg (33.22%), Sodium: 463.26mg (20.14%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Caffeine: 3.96mg (1.32%), Protein: 7.53g (15.05%), Phosphorus: 244.76mg (24.48%), Vitamin B2: 0.39mg (22.95%), Calcium: 215.82mg (21.58%), Vitamin C: 13.09mg (15.86%), Vitamin A: 787.21IU (15.74%), Selenium: 9.03µg (12.9%), Potassium: 408.87mg (11.68%), Manganese: 0.22mg (11.21%), Iron: 1.98mg (11.01%), Fiber: 2.5g (9.98%), Copper: 0.2mg (9.8%), Magnesium: 38.04mg (9.51%), Folate: 37.4µg (9.35%), Vitamin B5: 0.9mg (9.05%), Vitamin B12: 0.54µg (9.04%), Zinc: 1.26mg (8.42%), Vitamin B1: 0.12mg (8.29%), Vitamin E: 1.21mg (8.06%), Vitamin K: 6.37µg (6.07%), Vitamin B6: 0.1mg (5.09%), Vitamin B3: 0.87mg (4.35%), Vitamin D: 0.38µg (2.56%)