



S'mores Chocolate Chip Ice-Cream Sandwiches

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



164 kcal

Ingredients

- 3 tablespoons marshmallow creme
- 16 irish whiskey fudge ()
- 0.5 cup ice-cream chocolate shell

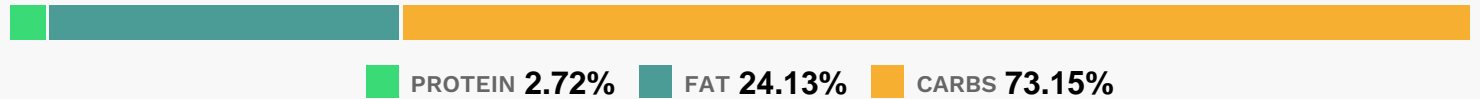
Equipment

- frying pan
- plastic wrap

Directions

- Spoon about 1 teaspoon marshmallow creme on 1 cookie. Top with about 1/2 tablespoon ice cream. Top with another cookie, pressing gently.
- Place in shallow pan; immediately place in freezer. Repeat for remaining sandwiches, placing each in freezer as made.
- Freeze at least 3 hours until firm. Wrap individually in plastic wrap or waxed paper.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:13.61, Inflammation Score:-1, Nutrition Score:1.9973913078075%

Nutrients (% of daily need)

Calories: 164.15kcal (8.21%), Fat: 4.44g (6.84%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 29.64g (10.78%), Sugar: 28.33g (31.48%), Cholesterol: 7.57mg (2.52%), Sodium: 21.57mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Manganese: 0.16mg (7.75%), Copper: 0.12mg (6.15%), Iron: 0.68mg (3.77%), Magnesium: 14.63mg (3.66%), Phosphorus: 32.97mg (3.3%), Zinc: 0.43mg (2.84%), Fiber: 0.68g (2.71%), Vitamin B2: 0.04mg (2.64%), Calcium: 25.65mg (2.57%), Potassium: 66.1mg (1.89%), Vitamin A: 88.38IU (1.77%), Selenium: 1.06µg (1.51%)