



S'mores Ice-Cream Sandwiches

READY IN



140 min.

SERVINGS



16

CALORIES



440 kcal

Ingredients

- ☐ 32 graham cracker squares
- ☐ 16 oz chocolate frosting
- ☐ 0.5 cup marshmallow creme
- ☐ 0.5 gallon ice-cream chocolate shell brick-style

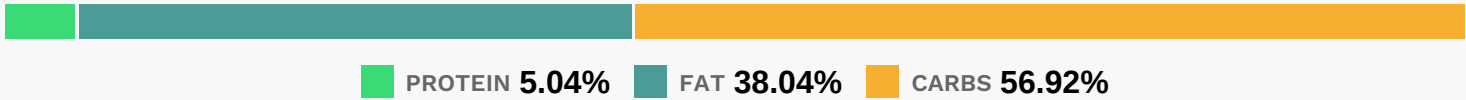
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Arrange 16 of the graham crackers in bottom of ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Spread frosting on top of each cracker.
- ☐ Spread marshmallow creme on one side of remaining crackers.
- ☐ Cut ice cream crosswise into four 3/4-inch-thick slices.
- ☐ Cut each slice into fourths to make 16 pieces. (Freeze remaining ice cream for another use.)
- ☐ Place one ice cream piece on each cracker in pan. Top with remaining crackers, marshmallow sides down, pressing lightly.
- ☐ Cover and freeze about 2 hours or until firm. Wrap each sandwich in foil or plastic wrap; store in freezer.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:23.51, Inflammation Score:-4, Nutrition Score:7.6352174165456%

Nutrients (% of daily need)

Calories: 439.65kcal (21.98%), Fat: 19.4g (29.85%), Saturated Fat: 9.83g (61.44%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 63.17g (22.97%), Sugar: 52.07g (57.85%), Cholesterol: 40.22mg (13.41%), Sodium: 234.04mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.79g (11.57%), Phosphorus: 177.25mg (17.73%), Vitamin B2: 0.27mg (15.76%), Calcium: 142.27mg (14.23%), Magnesium: 48.52mg (12.13%), Manganese: 0.23mg (11.68%), Iron: 2.08mg (11.56%), Copper: 0.22mg (11.03%), Potassium: 374.9mg (10.71%), Vitamin A: 492.39IU (9.85%), Fiber: 2.15g (8.6%), Zinc: 1.04mg (6.93%), Vitamin B5: 0.66mg (6.63%), Folate: 25.65µg (6.41%), Vitamin B12: 0.34µg (5.72%), Vitamin B1: 0.09mg (5.69%), Vitamin E: 0.8mg (5.31%), Selenium: 3.18µg (4.55%), Vitamin B3: 0.83mg (4.15%), Vitamin B6: 0.08mg (4.02%), Vitamin D: 0.24µg (1.58%)