



S'mores Ice-Cream Sandwiches

READY IN



140 min.

SERVINGS



16

CALORIES



355 kcal

Ingredients

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

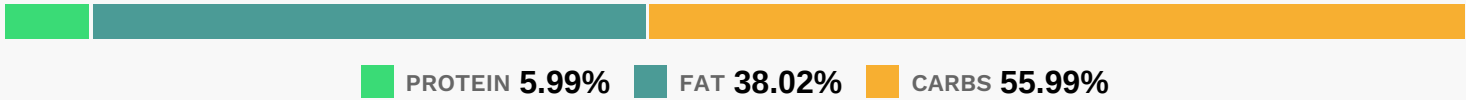
Equipment

- ☐ 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:6.9895653193412%

Nutrients (% of daily need)

Calories: 355.14kcal (17.76%), Fat: 15.66g (24.09%), Saturated Fat: 8.65g (54.08%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 49.9g (18.15%), Sugar: 39.78g (44.2%), Cholesterol: 40.22mg (13.41%), Sodium: 195.09mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.69mg (1.23%), Protein: 5.55g (11.1%), Phosphorus: 160.43mg (16.04%), Vitamin B2: 0.26mg (15.55%), Calcium: 140.57mg (14.06%), Magnesium: 44.05mg (11.01%), Iron: 1.78mg (9.88%), Vitamin A: 492.17IU (9.84%), Potassium: 333.17mg (9.52%), Manganese: 0.18mg (9.13%), Copper: 0.18mg (8.9%), Fiber: 1.96g (7.84%), Vitamin B5: 0.66mg (6.57%), Zinc: 0.98mg (6.52%), Folate: 25.44µg (6.36%), Vitamin B12: 0.34µg (5.72%), Vitamin B1: 0.08mg (5.5%), Selenium: 3.01µg (4.31%), Vitamin B3: 0.8mg (4.02%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.47mg (3.1%), Vitamin D: 0.24µg (1.58%)