



## The Best Ice-Cream Sandwich Ever

READY IN



25 min.

SERVINGS



10

CALORIES



410 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.3 cup brown sugar light packed
- 0.3 cup butter softened
- 1.5 cups m&m candies
- 0.3 cup cocoa powder
- 2 large eggs
- 1.5 cups flour all-purpose
- 2 cups whipped cream
- 0.5 teaspoon salt

- 0.3 cup sugar
- 2 teaspoons vanilla extract

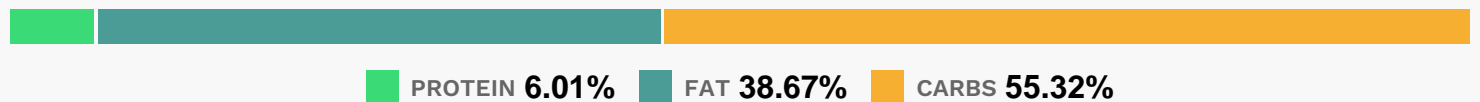
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- hand mixer
- aluminum foil

## Directions

- Beat first 3 ingredients at medium speed with an electric mixer 4 minutes or until creamy.
- Add eggs and vanilla, beating until blended.
- Combine flour and next 3 ingredients in a small bowl; gradually add to butter mixture, beating just until blended. Stir in candy-coated chocolate pieces just until combined. Drop mixture by tablespoonfuls onto greased aluminum foil- or parchment paper-lined baking sheets.
- Bake, in batches, at 350 for 8 to 10 minutes.
- Remove to wire racks, and let cool completely, about 15 minutes.
- Place a small scoop of ice cream between 2 cookies. Press together gently; serve immediately, or wrap in aluminum foil or plastic wrap, and freeze until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:25.61, Glycemic Load:18.7, Inflammation Score:-4, Nutrition Score:6.6247826309308%

## Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## **Nutrients (% of daily need)**

Calories: 410.45kcal (20.52%), Fat: 17.88g (27.5%), Saturated Fat: 10.77g (67.3%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 54.96g (19.98%), Sugar: 39.12g (43.47%), Cholesterol: 69.76mg (23.25%), Sodium: 334.07mg (14.52%), Alcohol: 0.28g (100%), Alcohol %: 0.31% (100%), Caffeine: 6.59mg (2.2%), Protein: 6.25g (12.5%), Selenium: 10.52µg (15.02%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.25mg (12.49%), Vitamin B1: 0.16mg (10.98%), Iron: 1.91mg (10.61%), Folate: 41.55µg (10.39%), Fiber: 2.59g (10.38%), Phosphorus: 90.97mg (9.1%), Calcium: 90.2mg (9.02%), Vitamin A: 424.12IU (8.48%), Copper: 0.15mg (7.67%), Vitamin B3: 1.22mg (6.11%), Magnesium: 24.24mg (6.06%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.41mg (4.14%), Potassium: 142.88mg (4.08%), Vitamin B12: 0.2µg (3.41%), Vitamin E: 0.37mg (2.49%), Vitamin B6: 0.04mg (2.24%), Vitamin D: 0.25µg (1.69%)