



Triple-Chocolate Cookie and Strawberry Ice Cream Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 16 chocolate-hazelnut pirouette cookies frozen
- ☐ 2 tablespoons plus light
- ☐ 4 large egg yolk
- ☐ 1 cup cup heavy whipping cream
- ☐ 1.5 cups strawberries fresh chopped
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer
- ☐ potato masher
- ☐ ice cream machine
- ☐ offset spatula
- ☐ butter knife

Directions

- ☐ Combine strawberries, 1/3 cup sugar, and corn syrup in medium bowl. Using potato masher, mash until puree forms; let stand 30 minutes.
- ☐ Meanwhile, bring cream, milk, and remaining 1/4 cup sugar to simmer in heavy medium saucepan, stirring until sugar dissolves.
- ☐ Remove from heat. Using electric mixer, beat yolks in medium bowl until thick and pale yellow, about 3 minutes. Gradually beat in hot cream mixture. Return mixture to saucepan. Stir over medium heat until custard thickens and forms path on back of spoon when finger is drawn across, about 4 minutes (do not boil). Strain custard into large bowl. Cool. Stir in strawberry mixture and vanilla. Cover and refrigerate custard until cold, at least 3 hours and up to 1 day.
- ☐ Process custard in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to container; cover and freeze until firm, at least 6 hours. (Can be prepared 3 days ahead. Keep frozen.)
- ☐ Place 1 frozen Triple-Chocolate Cookie flat side up on work surface.
- ☐ Place 1/2 cup ice cream atop cookie. Using offset spatula or butter knife, gently spread ice cream to cover cookie; top with another cookie, flat side down, and press gently to adhere. Repeat with remaining ice cream and cookies, making 8 ice cream sandwiches total. Wrap and freeze until firm, at least 4 hours or overnight.
- ☐ Let ice cream sandwiches stand at room temperature 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.07, Glycemic Load:15.74, Inflammation Score:-4, Nutrition Score:7.1195651862932%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 298.24kcal (14.91%), Fat: 17.01g (26.16%), Saturated Fat: 8.96g (56%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 32.57g (11.84%), Sugar: 24.5g (27.23%), Cholesterol: 127.73mg (42.58%), Sodium: 160.88mg (6.99%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 4.46g (8.92%), Vitamin C: 16.05mg (19.46%), Manganese: 0.28mg (13.87%), Vitamin A: 590.72IU (11.81%), Vitamin B2: 0.19mg (11.37%), Selenium: 7.51µg (10.72%), Phosphorus: 103.97mg (10.4%), Folate: 31.36µg (7.84%), Iron: 1.34mg (7.44%), Vitamin D: 1.1µg (7.35%), Copper: 0.13mg (6.74%), Calcium: 61.93mg (6.19%), Vitamin B1: 0.09mg (5.86%), Fiber: 1.36g (5.42%), Vitamin B12: 0.32µg (5.29%), Magnesium: 20.64mg (5.16%), Vitamin B5: 0.51mg (5.12%), Vitamin E: 0.75mg (5.01%), Zinc: 0.65mg (4.36%), Potassium: 152.52mg (4.36%), Vitamin B3: 0.83mg (4.14%), Vitamin B6: 0.07mg (3.72%), Vitamin K: 2.23µg (2.12%)