



Turtle Cookie Ice Cream Sandwich

READY IN



45 min.

SERVINGS



8

CALORIES



1068 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 8 servings mrs richardson's butterscotch caramel sauce store-bought for 10 to 20 seconds
- 1 cup semisweet chocolate chunks
- 8 servings mint for garnish
- 1 large eggs
- 1 large egg yolk
- 2 cups bleached flour all-purpose
- 0.5 cup granulated sugar
- 8 servings fudge sauce store-bought for 10 to 20 seconds

- 1 quart butter pecan ice cream
- 1 cup brown sugar light
- 1.5 cups pecans salted crushed toasted
- 0.5 teaspoon salt
- 12 tablespoons butter unsalted cooled melted ()
- 2 teaspoons vanilla extract

Equipment

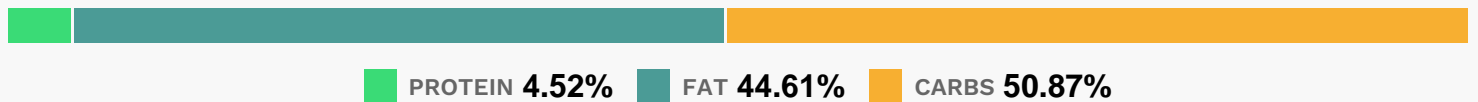
- bowl
- baking sheet
- oven
- blender
- ice cream scoop

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F and place the racks in the upper-middle and lower-middle positions. Have 2 parchment lined baking sheets.
- In a bowl, cream the sugars and butter, either by hand or with a hand-held mixer, until smooth and incorporated, about 2 minutes.
- Add in the egg, yolk and vanilla extract.
- Mix until incorporated.
- Add in the flour, salt and baking soda and mix until incorporated. Fold in the pecans and chocolate chunks.
- Scoop out 1/4 cup of the dough and roll into a ball (or if you have a large ice cream scoop, use that).
- Place the formed dough balls on the prepared baking sheets, 4 per sheet, and using your hands, press down to flatten.
- Bake until the edges are slightly golden and the middles are set but still soft, 15 to 18 minutes.

- Let the cookies cool for 10 minutes. Then flip them over and coat the bottom of half of the cookies with fudge sauce. Then coat the other cookie bottoms with the caramel sauce.
- Place a generous scoop of ice cream on each of the fudge-lined cookies and top with a caramel-lined cookie, lightly pressing together. Repeat with the remaining cookies and ice cream.
- Roll in chocolate sprinkles. Eat immediately or freeze for later.
- Cook's Note: If you freeze the cookies to eat later, just be aware that the cookies get hard. I always like to build 'em fresh if possible so the cookies stay nice and soft.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:42.58, Inflammation Score:-7, Nutrition Score:19.39565227861%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 1067.6kcal (53.38%), Fat: 53.9g (82.93%), Saturated Fat: 25.75g (160.95%), Carbohydrates: 138.33g (46.11%), Net Carbohydrates: 133.1g (48.4%), Sugar: 105.5g (117.22%), Cholesterol: 144.72mg (48.24%), Sodium: 471.17mg (20.49%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 18.88mg (6.29%), Protein: 12.28g (24.55%), Manganese: 1.4mg (69.8%), Phosphorus: 309.68mg (30.97%), Vitamin B2: 0.52mg (30.84%), Copper: 0.6mg (29.78%), Vitamin B1: 0.43mg (28.74%), Selenium: 19.53µg (27.91%), Calcium: 237.18mg (23.72%), Vitamin A: 1144.55IU (22.89%), Magnesium: 90.75mg (22.69%), Iron: 3.8mg (21.1%), Fiber: 5.23g (20.93%), Folate: 74.97µg (18.74%), Zinc: 2.62mg (17.49%), Potassium: 552.54mg (15.79%), Vitamin B5: 1.33mg (13.33%), Vitamin B3: 2.43mg (12.17%), Vitamin B12: 0.71µg (11.77%), Vitamin E: 1.42mg (9.44%), Vitamin B6: 0.15mg (7.37%), Vitamin D: 0.79µg (5.28%), Vitamin K: 4.2µg (4%), Vitamin C: 1.12mg (1.35%)