



Open-Faced Ice Cream Sandwich



Entire recipe: 146 calories, 4.5g total fat (2g sat fat), 260mg sodium, 24.5g carbs, 4g fiber, 6.5g sugars, 5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 5 minutes **Cook:** 5 minutes



More: [Dessert Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving, 5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 top half of a small hamburger bun
- 1 tsp. light butter
- 2 dashes cinnamon
- 1/3 cup [Enlightened Salted Caramel Cookie Light Ice Cream](#)
- Optional: light whipped topping

Directions

Spread butter on the bun half, and sprinkle with a dash of cinnamon.

Bring a skillet sprayed with nonstick spray to medium heat. Place bun in the skillet, buttered side down. Sprinkle the remaining dash of cinnamon on the top of the bun.

Cook until golden brown, about 2 minutes per side.

Top with ice cream.

MAKES 1 SERVING

HG Tip: Try this recipe with other flavors of Enlightened Light Ice Cream too!

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.