



Apple Yogurt Cookie Cups

READY IN



95 min.

SERVINGS



24

CALORIES



216 kcal

DESSERT

Ingredients

- 1 cup apples light yoplait® ()
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 eggs
- 0.3 cup flour all-purpose
- 2.8 cups flour all-purpose
- 1.3 cups granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup brown sugar light packed

- 1 cup butter unsalted softened
- 3 tablespoons butter unsalted cold
- 1 teaspoon vanilla
- 8 oz non-dairy whipped topping frozen thawed

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- hand mixer
- muffin liners
- butter knife

Directions

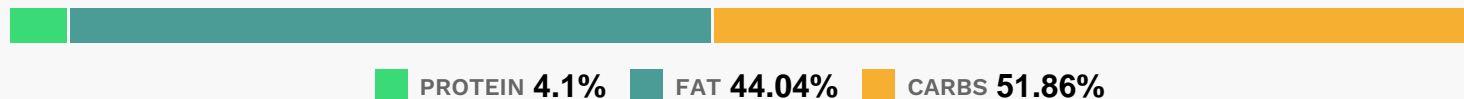
- Heat oven to 375F. Spray 24 mini muffin cups with cooking spray.
- In large bowl, stir together 2 3/4 cups flour, the baking soda and baking powder with whisk until well combined. In medium bowl, beat 1 cup butter and the granulated sugar with electric mixer on medium speed until light and fluffy. Beat in vanilla and egg.
- Gradually stir flour mixture into butter mixture until a dough forms.
- Roll dough into 1-inch pieces; press each piece lightly into muffin cup. Make small indentation in top of each piece of dough.
- Bake 10 to 15 minutes or until golden brown. If indentations no longer remain, use back of shot glass to lightly press down center of each cookie cup. Cool in pan 10 minutes. Using butter knife, carefully remove cookie cups from muffin cups to cooling rack. Set aside to cool completely.
- Meanwhile, reduce oven temperature to 350F. In small bowl, stir together brown sugar, 1/4 cup flour and the cinnamon. With pastry blender or fork, cut in 3 tablespoons butter until mixture looks like coarse crumbs. Press Streusel in bottom and up sides of ungreased 9-inch

glass pie plate.

Bake about 10 minutes or until edges are golden brown. Cool slightly. With fork, break into small pieces. Set aside to cool completely, about 30 minutes.

To serve, in large bowl, fold yogurt into whipped topping. Spoon filling into cooled cookie cups. Top each with streusel. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:16.11, Inflammation Score:-3, Nutrition Score:3.1721738926742%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 216.08kcal (10.8%), Fat: 10.7g (16.46%), Saturated Fat: 6.91g (43.18%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 27.77g (10.1%), Sugar: 16.21g (18.01%), Cholesterol: 31.11mg (10.37%), Sodium: 66.42mg (2.89%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.24g (4.49%), Selenium: 6.3µg (9%), Vitamin B1: 0.13mg (8.45%), Folate: 30.26µg (7.57%), Vitamin A: 299.92IU (6%), Manganese: 0.12mg (5.97%), Vitamin B2: 0.1mg (5.96%), Vitamin B3: 0.95mg (4.74%), Iron: 0.81mg (4.53%), Phosphorus: 32.75mg (3.27%), Vitamin E: 0.35mg (2.31%), Fiber: 0.57g (2.28%), Calcium: 21.06mg (2.11%), Copper: 0.03mg (1.52%), Vitamin D: 0.2µg (1.37%), Magnesium: 5.15mg (1.29%), Vitamin K: 1.27µg (1.21%), Potassium: 41.77mg (1.19%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.16mg (1.05%)