



## Cool 'n Creamy Yogurt Pie

READY IN



130 min.

SERVINGS



10

CALORIES



127 kcal

### Ingredients

- 2 cups cool whip free whipped topping thawed
- 6 oz ready-to-use graham cracker crumb crust reduced-fat
- 12 oz strawberry nonfat yogurt

### Equipment

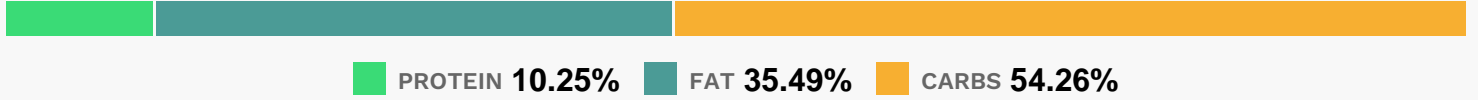
- bowl
- whisk

### Directions

- Spoon yogurt into medium bowl.

- Add whipped topping; stir gently with wire whisk until well blended.
- Spoon into crust.
- Freeze 2 hours or until pie is firm enough to hold its shape when cut into slices to serve. Store leftover pie in refrigerator.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.9795652239219%

### Nutrients (% of daily need)

Calories: 126.62kcal (6.33%), Fat: 5.03g (7.74%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 16.92g (6.15%), Sugar: 8.09g (8.99%), Cholesterol: 3.08mg (1.03%), Sodium: 117.11mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin B2: 0.21mg (12.28%), Manganese: 0.22mg (11.03%), Calcium: 88.83mg (8.88%), Phosphorus: 83.51mg (8.35%), Vitamin B12: 0.43µg (7.16%), Vitamin B1: 0.07mg (4.66%), Folate: 17.69µg (4.42%), Zinc: 0.59mg (3.93%), Vitamin K: 3.82µg (3.64%), Potassium: 122.17mg (3.49%), Vitamin B3: 0.64mg (3.22%), Selenium: 2.12µg (3.02%), Magnesium: 11.58mg (2.89%), Iron: 0.48mg (2.65%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.05mg (2.47%), Copper: 0.05mg (2.29%), Vitamin E: 0.33mg (2.19%), Fiber: 0.38g (1.53%)