



Creamy Maple Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients



0.3 teaspoon ground cinnamon



0.3 cup maple syrup reduced-calorie



1.5 cups vanilla nonfat yogurt frozen softened

Equipment

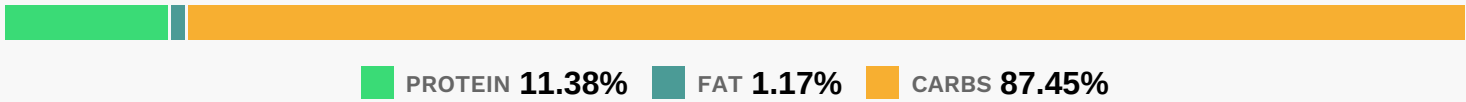


bowl

Directions

Combine all ingredients in a small bowl; stir well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:3.3, Inflammation Score:-1, Nutrition Score:3.5030434649924%

Nutrients (% of daily need)

Calories: 94.62kcal (4.73%), Fat: 0.12g (0.19%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 20.7g (7.53%), Sugar: 19.68g (21.87%), Cholesterol: 1.23mg (0.41%), Sodium: 36.74mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Manganese: 0.34mg (17.23%), Vitamin B2: 0.28mg (16.51%), Calcium: 108.56mg (10.86%), Phosphorus: 72.94mg (7.29%), Selenium: 3.68µg (5.25%), Vitamin B12: 0.29µg (4.8%), Potassium: 149.37mg (4.27%), Zinc: 0.55mg (3.66%), Magnesium: 12.06mg (3.01%), Vitamin B1: 0.03mg (2.22%), Folate: 5.52µg (1.38%), Vitamin B6: 0.02mg (1.23%)