



Frosty Marbled Yogurt Dessert

READY IN



195 min.

SERVINGS



12

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup chocolate wafer crumbs
- 3 tablespoons topping
- 1 quart yogurt frozen softened
- 1 quart yogurt frozen softened
- 2 cups fruit

Equipment

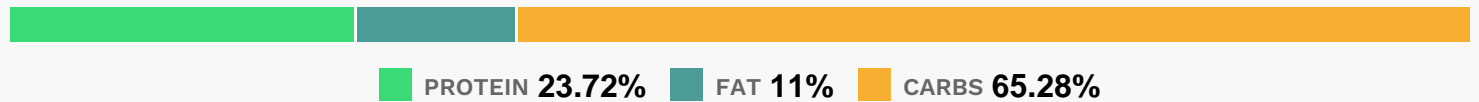
- frying pan
- knife

springform pan

Directions

- Spray bottom and side of springform pan, 9x3 inches, with nonstick cooking spray.
- Mix chocolate wafer crumbs and ice-cream topping. Press firmly against bottom of springform pan.
- Scoop frozen yogurts onto crust, alternating colors.
- Spread yogurts slightly to smooth. Cover and freeze about 3 hours or until firm.
- Run knife dipped in hot water along side of dessert to loosen; remove dessert from side of pan. Top with fruit.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:3.2, Inflammation Score:-3, Nutrition Score:8.7947826074517%

Nutrients (% of daily need)

Calories: 167.88kcal (8.39%), Fat: 2.07g (3.19%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 26.59g (9.67%), Sugar: 21.7g (24.11%), Cholesterol: 3.39mg (1.13%), Sodium: 193.99mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.11%), Calcium: 321.07mg (32.11%), Phosphorus: 269.3mg (26.93%), Vitamin B2: 0.41mg (23.98%), Vitamin B12: 0.97µg (16.22%), Potassium: 470.45mg (13.44%), Zinc: 1.71mg (11.38%), Vitamin B5: 1.07mg (10.68%), Magnesium: 39.17mg (9.79%), Selenium: 6.32µg (9.03%), Vitamin B1: 0.1mg (6.73%), Folate: 24.29µg (6.07%), Copper: 0.11mg (5.65%), Manganese: 0.1mg (5.06%), Vitamin B6: 0.1mg (4.78%), Fiber: 1.08g (4.33%), Iron: 0.7mg (3.89%), Vitamin B3: 0.63mg (3.15%), Vitamin C: 2.3mg (2.79%), Vitamin A: 131.55IU (2.63%), Vitamin K: 2.48µg (2.36%), Vitamin E: 0.19mg (1.28%)