



## Frosty Raspberry and Yogurt "Pie"

 Gluten Free

READY IN



250 min.

SERVINGS



8

CALORIES



210 kcal

### Ingredients

- 2 cups vanilla yogurt low-fat divided
- 7 oz marshmallow crème jet-puffed
- 10 oz raspberries frozen thawed drained
- 8 oz cool whip lite whipped topping thawed

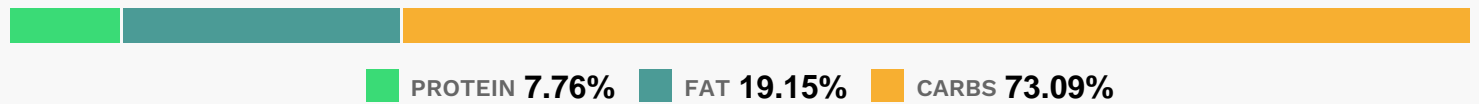
### Equipment

- bowl
- whisk
- hand mixer

## Directions

- Stir 1 cup of the yogurt into the whipped topping until well blended.
- Remove 1 cup of the whipped topping mixture; cover and refrigerate for later use. Spoon remaining whipped topping mixture into 9-inch pie plate. With back of spoon, spread evenly onto bottom and up side of pie plate. Freeze at least 1 hour or until firm.
- Add raspberries, a few tablespoonfuls at a time, to marshmallow creme in medium bowl, beating with electric mixer on low speed or with wire whisk until well blended. Stir in remaining 1 cup yogurt. Gently stir in reserved 1 cup whipped topping mixture until well blended.
- Spoon into whipped topping shell. Freeze 3 hours or until firm. Store leftover dessert in freezer.

## Nutrition Facts



## Properties

Glycemic Index:3.25, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:5.2926087223965%

## Flavonoids

Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 210.39kcal (10.52%), Fat: 4.71g (7.25%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 38.14g (13.87%), Sugar: 31.96g (35.52%), Cholesterol: 3.63mg (1.21%), Sodium: 61.19mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Calcium: 133.72mg (13.37%), Manganese: 0.24mg (11.99%), Vitamin C: 9.77mg (11.85%), Phosphorus: 113.94mg (11.39%), Vitamin B2: 0.16mg (9.53%), Fiber: 2.3g (9.21%), Vitamin B12: 0.38µg (6.36%), Potassium: 216.28mg (6.18%), Selenium: 3.75µg (5.36%), Magnesium: 19.58mg

(4.9%), Zinc: 0.69mg (4.57%), Vitamin B5: 0.45mg (4.55%), Folate: 15.03µg (3.76%), Vitamin K: 3.73µg (3.55%),  
Vitamin E: 0.46mg (3.08%), Vitamin B1: 0.04mg (2.85%), Vitamin B6: 0.05mg (2.64%), Copper: 0.04mg (2.13%),  
Iron: 0.32mg (1.75%), Vitamin B3: 0.31mg (1.53%), Vitamin A: 59.01IU (1.18%)