



## Frosty Yogurt Bites

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



61 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 oz strawberry yogurt light fat free yoplait®
- 0.5 cup cool whip frozen thawed
- 4 strawberries cut in half

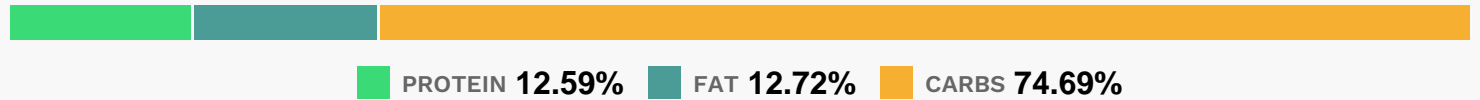
### Equipment

- plastic wrap
- aluminum foil
- muffin liners

## Directions

- Place mini paper baking cup in each of 8 mini muffin cups. Spoon slightly less than 2 tablespoons yogurt into each cup.
- Top each with small dollop of whipped topping. Cover with foil or plastic wrap. Freeze at least 1 hour. Top with strawberry half just before serving.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:2.0321739069794%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 61.18kcal (3.06%), Fat: 0.89g (1.37%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 11.32g (4.12%), Sugar: 9.4g (10.45%), Cholesterol: 5.33mg (1.78%), Sodium: 30.26mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 7.06mg (8.55%), Vitamin B2: 0.14mg (8.07%), Vitamin B12: 0.36µg (6%), Calcium: 57.97mg (5.8%), Phosphorus: 42.42mg (4.24%), Potassium: 103.75mg (2.96%), Manganese: 0.05mg (2.32%), Fiber: 0.41g (1.62%), Vitamin B1: 0.02mg (1.12%), Folate: 4.47µg (1.12%)