



## Frozen Boston Cream Pie Bars

READY IN



265 min.

SERVINGS



8

CALORIES



285 kcal

### Ingredients

- 12 oz evaporated skim milk canned
- 12 oz pork butt light fat free yoplait®
- 12 oz john d. taylor's velvet falernum light fat free red yoplait®
- 0.8 oz roasted-garlic bagel chips crushed thin (from 4.86-oz box)

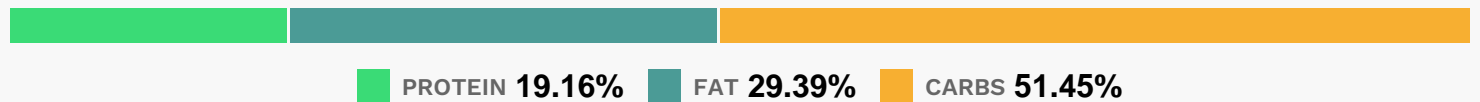
### Equipment

- bowl
- frying pan
- plastic wrap
- loaf pan

## Directions

- Line 8x4-inch loaf pan with plastic wrap, leaving edges hanging over sides of pan. Divide evaporated milk evenly between 2 small bowls. Stir Boston cream pie yogurt into one bowl; stir red velvet yogurt into remaining bowl. Cover and refrigerate red velvet yogurt mixture.
- Spread Boston cream pie mixture into lined pan.
- Sprinkle with crushed crisps. Freeze 2 hours. Spoon and spread red velvet yogurt mixture on top. Freeze at least 2 hours until firm.
- When ready to serve, dip bottom half of pan into hot water about 1 minute to loosen yogurt mixture. Use plastic wrap to lift frozen yogurt from pan. Pull back wrap and remove.
- Let stand 5 to 10 minutes to soften slightly.
- Cut into eight 1-inch-thick slices.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.227391351824%

## Nutrients (% of daily need)

Calories: 284.63kcal (14.23%), Fat: 9.61g (14.78%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 36.72g (13.35%), Sugar: 21.34g (23.71%), Cholesterol: 27.22mg (9.07%), Sodium: 459.15mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.68mg (1.56%), Protein: 14.09g (28.19%), Phosphorus: 283.64mg (28.36%), Selenium: 18.33µg (26.18%), Vitamin B1: 0.33mg (21.91%), Vitamin B2: 0.36mg (21.34%), Calcium: 193.06mg (19.31%), Iron: 2.66mg (14.77%), Zinc: 2.15mg (14.34%), Vitamin B3: 2.62mg (13.1%), Vitamin B6: 0.26mg (13.08%), Potassium: 425.67mg (12.16%), Copper: 0.22mg (11.01%), Vitamin B5: 1.04mg (10.38%), Magnesium: 40.82mg (10.21%), Vitamin B12: 0.49µg (8.15%), Folate: 30.19µg (7.55%), Vitamin D: 1.11µg (7.37%), Manganese: 0.1mg (5.15%), Fiber: 1.12g (4.49%), Vitamin E: 0.57mg (3.83%), Vitamin A: 168.82IU (3.38%), Vitamin K: 1.62µg (1.54%)