



Frozen "Creamsicle" Cake

 Vegetarian

READY IN



180 min.

SERVINGS



4

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon plus light
- ☐ 1 cup nonfat vanilla yogurt frozen
- ☐ 1 cup orange sorbet softened
- ☐ 4 servings orange zest fresh finely julienned
- ☐ 2 teaspoons butter unsalted cooled melted
- ☐ 16 vanilla wafers low-fat finely

Equipment

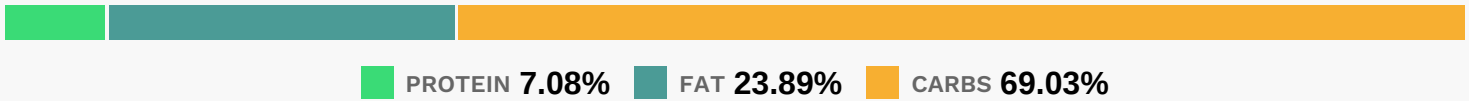
- ☐ bowl

- ☐ frying pan
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Line loaf pan with a double layer of plastic wrap, allowing a few inches of overhang along sides. Stir together cookie crumbs, zest, butter, and corn syrup in a small bowl, then press into bottom of loaf pan.
- ☐ Spread sorbet evenly over crumb crust and freeze 30 minutes to harden.
- ☐ While sorbet is freezing, slightly soften frozen yogurt.
- ☐ Spread evenly over sorbet and freeze, covered with plastic wrap, until firm, at least 2 hours.
- ☐ Using plastic wrap as an aid, lift frozen cake out of pan, then peel off plastic.
- ☐ Let stand 5 minutes to soften, then cut crosswise into 4 slices. Each serving contains about 197 calories and 3 grams fat.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:15.85, Inflammation Score:-4, Nutrition Score:7.1278260142907%

Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 235.35kcal (11.77%), Fat: 6.42g (9.87%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.03g (14.19%), Sugar: 27.65g (30.73%), Cholesterol: 6.84mg (2.28%), Sodium: 136.05mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin C: 40.69mg (49.32%), Calcium: 131.74mg (13.17%), Vitamin B1: 0.18mg (12.15%), Vitamin B2: 0.2mg (11.48%), Folate: 43.81µg (10.95%), Fiber: 2.69g (10.75%), Phosphorus: 92.39mg (9.24%), Potassium: 246.53mg (7.04%), Selenium: 4.08µg (5.83%), Vitamin B12: 0.29µg (4.87%), Vitamin B3: 0.92mg (4.61%), Vitamin A: 221.48IU (4.43%), Magnesium: 16.43mg (4.11%), Vitamin B6: 0.07mg

(3.63%), Zinc: 0.54mg (3.61%), Copper: 0.04mg (1.92%), Vitamin B5: 0.17mg (1.74%), Manganese: 0.03mg (1.64%),
Vitamin E: 0.21mg (1.37%), Iron: 0.18mg (1.02%)