



Frozen Foolish Royal Mess

READY IN



495 min.

SERVINGS



8

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7.6 oz triple sec frozen yoplait®
- 14 oz condensed milk sweetened canned (not evaporated)
- 2 cups cool whip frozen thawed
- 12 inch grands flaky refrigerator biscuits white coarsely chopped
- 1 serving blueberries fresh
- 1 serving mint leaves fresh

Equipment

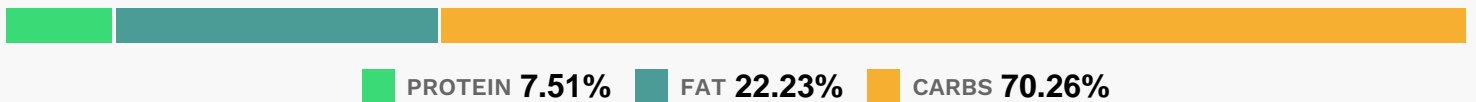
- bowl

- frying pan
- blender
- loaf pan
- aluminum foil

Directions

- Line 8x4-inch loaf pan with foil, leaving edges of foil hanging over sides of pan. In blender, empty contents of smoothie pouch.
- Add sweetened condensed milk. Cover; blend on high speed 1 to 1 1/2 minutes, stopping blender to scrape down sides as necessary, until smooth.
- Pour into large bowl. Fold in whipped topping until blended. Gently fold in meringue cookie pieces.
- Pour mixture into foil-lined loaf pan. Meringue pieces will float to top of mixture. Freeze at least 8 hours until firm.
- To serve, use foil to lift frozen loaf from pan. Pull back foil.
- Cut into eight 1-inch slices.
- Serve immediately.
- Serve with fresh berries and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:18.88, Inflammation Score:-3, Nutrition Score:5.6039130817289%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 300.36kcal (15.02%), Fat: 6.39g (9.84%), Saturated Fat: 3.6g (22.53%), Carbohydrates: 45.48g (15.16%), Net Carbohydrates: 44.9g (16.33%), Sugar: 41.33g (45.92%), Cholesterol: 19.87mg (6.62%), Sodium: 92.33mg (4.01%), Alcohol: 7g (100%), Alcohol %: 7.54% (100%), Caffeine: 7mg (2.33%), Protein: 4.86g (9.72%), Vitamin B2: 0.35mg (20.33%), Calcium: 163.33mg (16.33%), Phosphorus: 144.71mg (14.47%), Selenium: 8.24µg (11.77%), Vitamin B12: 0.5µg (8.26%), Potassium: 230.7mg (6.59%), Vitamin B1: 0.09mg (6.26%), Manganese: 0.09mg (4.37%), Magnesium: 16.95mg (4.24%), Vitamin K: 4.34µg (4.14%), Vitamin B5: 0.41mg (4.07%), Zinc: 0.58mg (3.88%), Vitamin C: 3.12mg (3.79%), Vitamin A: 183.85IU (3.68%), Folate: 12.98µg (3.25%), Vitamin B6: 0.06mg (3.04%), Fiber: 0.58g (2.31%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.29mg (1.96%), Copper: 0.04mg (1.81%), Iron: 0.29mg (1.6%)