



Frozen Key Lime Fingers

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



149 kcal

SIDE DISH

Ingredients

- 2 graham cracker rectangles low-fat
- 0.5 cup key lime yogurt frozen softened
- 2 teaspoons chocolate chips white melted

Equipment

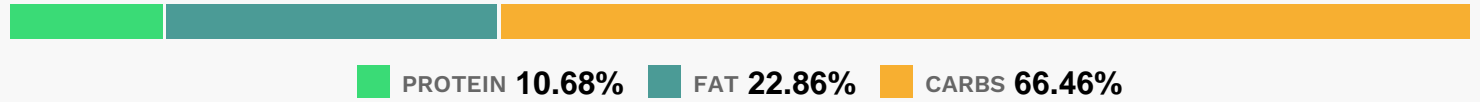
Directions

- Spread yogurt on 1 cracker. Top with other cracker. Freeze until solid (about 3 hours).

Drizzle chocolate on top. Freeze 5 minutes.

Cut into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:9.58, Inflammation Score:-1, Nutrition Score:1.9213043523385%

Nutrients (% of daily need)

Calories: 149.21kcal (7.46%), Fat: 3.85g (5.93%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 24.53g (8.92%), Sugar: 17.4g (19.33%), Cholesterol: 3.99mg (1.33%), Sodium: 132.18mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Calcium: 115.5mg (11.55%), Potassium: 173.73mg (4.96%), Iron: 0.7mg (3.87%), Phosphorus: 36.95mg (3.7%), Vitamin B3: 0.57mg (2.83%), Vitamin B2: 0.05mg (2.79%), Fiber: 0.66g (2.65%), Vitamin B1: 0.04mg (2.34%), Magnesium: 8.85mg (2.21%), Zinc: 0.31mg (2.05%), Folate: 6.78µg (1.7%)