



Frozen Lemonade Squares

 Dairy Free

READY IN



260 min.

SERVINGS



20

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups vanilla yogurt frozen softened
- 6 oz lemonade concentrate frozen thawed ()
- 1.3 cups graham crackers low-fat crushed finely
- 0.3 cup butter melted
- 0.5 cup cool whip lite whipped topping thawed

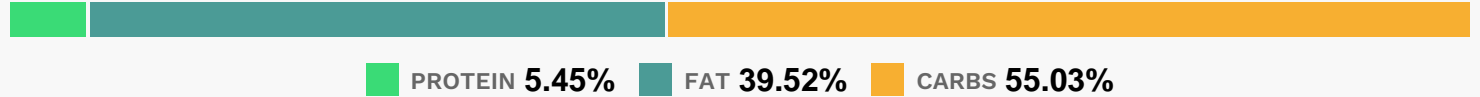
Equipment

- frying pan
- blender

Directions

- Mix graham crumbs and margarine; press onto bottom of 9-inch square pan.
- Beat yogurt and concentrate with mixer until blended; spread over crust.
- Freeze 4 hours or until firm.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.4443478308942%

Nutrients (% of daily need)

Calories: 115.63kcal (5.78%), Fat: 5.24g (8.06%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 16.38g (5.96%), Sugar: 12.59g (13.99%), Cholesterol: 0.61mg (0.2%), Sodium: 97.16mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Calcium: 44.25mg (4.42%), Phosphorus: 40.01mg (4%), Vitamin B2: 0.07mg (3.98%), Vitamin A: 197.77IU (3.96%), Potassium: 70.37mg (2.01%), Vitamin B5: 0.2mg (1.99%), Vitamin C: 1.35mg (1.64%), Vitamin B12: 0.09µg (1.52%), Selenium: 1.03µg (1.47%), Vitamin B6: 0.03mg (1.27%), Magnesium: 4.87mg (1.22%), Vitamin E: 0.17mg (1.11%)