



Frozen Mocha Mint Cups

READY IN



75 min.

SERVINGS



9

CALORIES



373 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cookie crumbs
- ☐ 1 tablespoon butter melted
- ☐ 18 oz general foods international suisse mocha cafe light yoplait®
- ☐ 3 tablespoons chocolate syrup
- ☐ 0.7 cup cool whip frozen thawed
- ☐ 1 serving crème de cassis liqueur rectangular chopped thin

Equipment

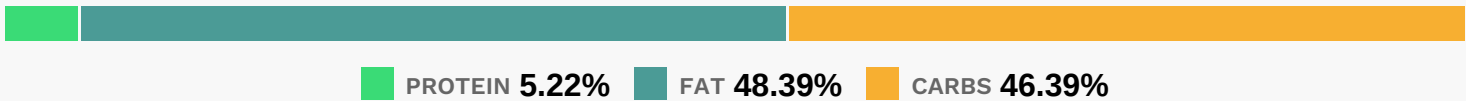
- ☐ bowl

- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Place foil or paper baking cup in each of 9 regular-size muffin cups.
- ☐ Mix cookie crumbs and butter; firmly press about 1 tablespoon mixture in bottom of each baking cup.
- ☐ In medium bowl, mix yogurt and chocolate syrup until well mixed. Spoon and spread about 3 tablespoons yogurt mixture over crumbs in each cup. Gently spread about 1 tablespoon whipped topping on each.
- ☐ Freeze until firm, at least 1 hour.
- ☐ Garnish with chopped candies.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:2.22, Inflammation Score:-3, Nutrition Score:6.1821738774686%

Nutrients (% of daily need)

Calories: 373.17kcal (18.66%), Fat: 20.08g (30.89%), Saturated Fat: 9.95g (62.18%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 38.79g (14.11%), Sugar: 29.54g (32.83%), Cholesterol: 11.6mg (3.87%), Sodium: 52.59mg (2.29%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Caffeine: 476.11mg (158.7%), Protein: 4.87g (9.74%), Manganese: 0.37mg (18.28%), Fiber: 4.52g (18.08%), Copper: 0.36mg (17.97%), Magnesium: 66.25mg (16.56%), Vitamin B2: 0.21mg (12.15%), Iron: 1.84mg (10.22%), Phosphorus: 92.96mg (9.3%), Calcium: 64.73mg (6.47%), Potassium: 220.11mg (6.29%), Zinc: 0.84mg (5.62%), Vitamin K: 4.12µg (3.92%), Selenium: 2.21µg (3.15%), Vitamin B3: 0.55mg (2.76%), Vitamin B1: 0.04mg (2.58%), Vitamin E: 0.31mg (2.06%), Folate: 7.33µg (1.83%), Vitamin B6: 0.03mg (1.64%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 53.37IU (1.07%)