



Frozen Mud Pie Sandwiches

READY IN



45 min.

SERVINGS



10

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 chocolate wafers such as nabisco famous
- ☐ 2 tablespoons light-colored corn syrup
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 1 teaspoon butter
- ☐ 2 tablespoons sugar
- ☐ 1.5 tablespoons cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1.3 cups coffee yogurt frozen low-fat softened

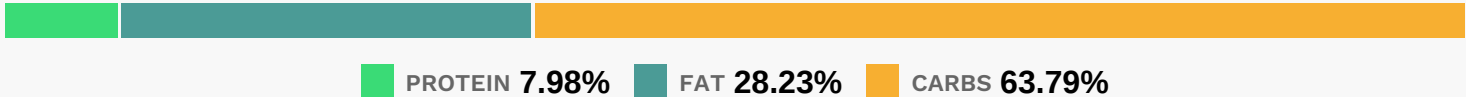
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a small heavy saucepan, and bring to a boil over medium-low heat, stirring frequently with a whisk. Cook 2 minutes or until thick, stirring frequently.
- ☐ Remove from heat; stir in margarine and vanilla extract. Cover and chill thoroughly.
- ☐ Spread 2 tablespoons yogurt onto each of 10 cookies; top with about 1 teaspoon toffee syrup and remaining cookies, pressing gently. Freeze at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:6.71, Inflammation Score:-1, Nutrition Score:2.4017391269622%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 98.57kcal (4.93%), Fat: 3.24g (4.98%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 15.76g (5.73%), Sugar: 11.79g (13.1%), Cholesterol: 4.3mg (1.43%), Sodium: 91.91mg (4%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.06g (4.11%), Manganese: 0.11mg (5.69%), Phosphorus: 52.1mg (5.21%), Vitamin B2: 0.08mg (4.71%), Calcium: 44.38mg (4.44%), Copper: 0.09mg (4.35%), Magnesium: 14.03mg (3.51%), Iron: 0.6mg (3.34%), Fiber: 0.69g (2.74%), Zinc: 0.39mg (2.59%), Vitamin B1: 0.04mg (2.49%), Potassium: 86.9mg (2.48%), Vitamin B12: 0.13µg (2.23%), Selenium: 1.54µg (2.2%), Folate: 8.06µg (2.01%), Vitamin B3: 0.38mg (1.92%), Vitamin B5: 0.17mg (1.73%), Vitamin A: 52.58IU (1.05%)