



## Frozen Orange-Yogurt Pie

READY IN



255 min.

SERVINGS



15

CALORIES



116 kcal

### Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 2 cups vanilla yogurt low-fat
- 0.3 cup tang orange flavor drink mix
- 2 cups cool whip whipped topping thawed

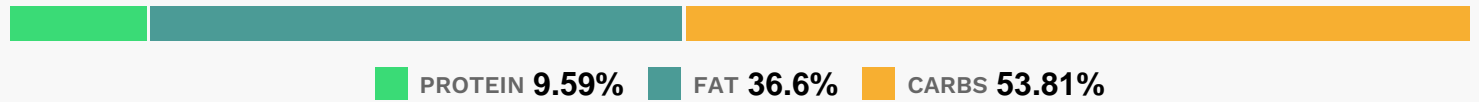
### Equipment

- bowl
- whisk

### Directions

- Mix yogurt and drink mix in large bowl with whisk until mix is dissolved. Stir in COOL WHIP.
- Spoon into crust.
- Freeze several hours or until firm.
- Remove from freezer 15 min. before serving.
- Let stand at room temperature to soften slightly.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9334782621135%

## Nutrients (% of daily need)

Calories: 115.9kcal (5.79%), Fat: 4.73g (7.28%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 15.43g (5.61%), Sugar: 9.91g (11.01%), Cholesterol: 2.33mg (0.78%), Sodium: 90.61mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Manganese: 0.15mg (7.61%), Calcium: 72.46mg (7.25%), Phosphorus: 72.23mg (7.22%), Vitamin B2: 0.12mg (6.94%), Selenium: 2.48µg (3.54%), Vitamin B12: 0.21µg (3.5%), Potassium: 110.25mg (3.15%), Vitamin B1: 0.05mg (3.14%), Folate: 12.22µg (3.06%), Zinc: 0.44mg (2.96%), Vitamin K: 2.94µg (2.8%), Magnesium: 10.47mg (2.62%), Vitamin B3: 0.52mg (2.6%), Vitamin B5: 0.21mg (2.14%), Iron: 0.34mg (1.9%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.69%)