



Frozen Raspberry Shortcake Squares

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



170 kcal

Ingredients

- 2 cups raspberry nonfat yogurt frozen softened
- 10.8 oz round cake cubed prepared reduced-fat
- 0.3 oz jell-o raspberry flavor gelatin sugar free
- 8 oz cool whip whipped topping sugar free thawed

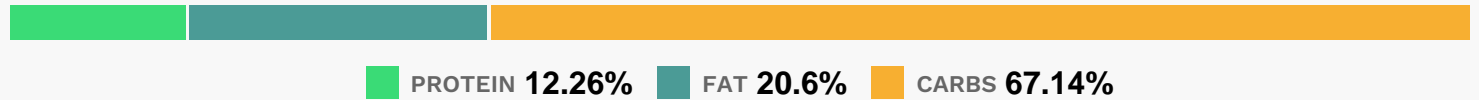
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk yogurt and dry gelatin mix in large bowl until blended. Stir in COOL WHIP.
- Add cake cubes; mix lightly.
- Pour into 8-inch square pan.
- Freeze 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.537391308857%

Nutrients (% of daily need)

Calories: 169.86kcal (8.49%), Fat: 3.88g (5.97%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 28.32g (10.3%), Sugar: 21.03g (23.37%), Cholesterol: 32.52mg (10.84%), Sodium: 247.89mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Phosphorus: 136.66mg (13.67%), Calcium: 134.97mg (13.5%), Vitamin B2: 0.22mg (12.79%), Selenium: 5.14µg (7.34%), Vitamin B12: 0.42µg (6.96%), Vitamin B1: 0.1mg (6.81%), Folate: 20.91µg (5.23%), Potassium: 178.09mg (5.09%), Iron: 0.9mg (4.98%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.65mg (4.36%), Magnesium: 14.27mg (3.57%), Vitamin B3: 0.67mg (3.36%), Manganese: 0.07mg (3.33%), Vitamin B6: 0.05mg (2.32%), Copper: 0.03mg (1.48%), Vitamin A: 67.15IU (1.34%), Vitamin E: 0.19mg (1.24%)