



Frozen Yogurt Cookie Pops

READY IN



30 min.

SERVINGS



1

CALORIES



10051 kcal

Ingredients

- ☐ 180 chocolate chip cookie mix fiber one® (from 5.34-oz box)
- ☐ 5.3 oz greek yogurt yoplait®
- ☐ 1 frangelico

Equipment

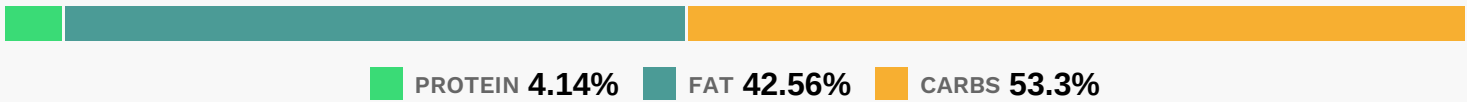
- ☐ lollipop sticks

Directions

- ☐ Using a 2-inch biscuit cutter, cut out two round cookies.

- ☐
- Place a dollop of yogurt on one cookie and place in freezer. Use remaining yogurt for another use.
- ☐
- After 5 minutes, top yogurt with remaining cookie.
- ☐
- Place lollipop stick in yogurt between cookies.
- ☐
- Let freeze completely, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:625.38, Inflammation Score:-10, Nutrition Score:45.162173837423%

Nutrients (% of daily need)

Calories: 10051.05kcal (502.55%), Fat: 477.74g (734.98%), Saturated Fat: 190.24g (1189.01%), Carbohydrates: 1345.93g (448.64%), Net Carbohydrates: 1290.49g (469.27%), Sugar: 646.43g (718.26%), Cholesterol: 165.91mg (55.3%), Sodium: 7162.29mg (311.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 104.58g (209.15%), Vitamin B1: 6.57mg (437.8%), Folate: 1337.12µg (334.28%), Vitamin B2: 3.99mg (234.48%), Fiber: 55.44g (221.76%), Vitamin B3: 39.92mg (199.59%), Magnesium: 669.93mg (167.48%), Iron: 23.87mg (132.58%), Phosphorus: 1174.54mg (117.45%), Potassium: 3815.46mg (109.01%), Zinc: 10.7mg (71.31%), Selenium: 14.88µg (21.25%), Vitamin B12: 1.05µg (17.53%), Calcium: 166.78mg (16.68%), Vitamin B5: 0.5mg (4.97%), Vitamin B6: 0.1mg (4.81%), Copper: 0.03mg (1.28%)