



Frozen Yogurt Cookie Pops

READY IN



30 min.

SERVINGS



1

CALORIES



202 kcal

Ingredients

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

Equipment

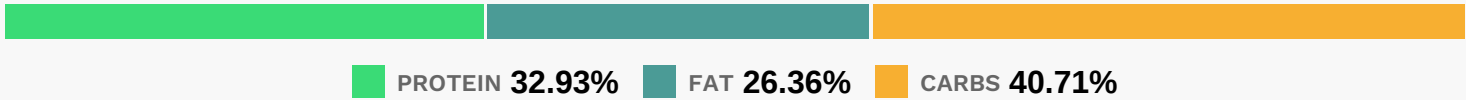
- ☐ lollipop sticks

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:6.95, Inflammation Score:-1, Nutrition Score:6.8234782802022%

Nutrients (% of daily need)

Calories: 202.31kcal (10.12%), Fat: 5.86g (9.01%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 19.75g (7.18%), Sugar: 12.04g (13.38%), Cholesterol: 9.27mg (3.09%), Sodium: 133.07mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.93%), Vitamin B2: 0.46mg (27.17%), Phosphorus: 215.12mg (21.51%), Selenium: 14.88µg (21.25%), Vitamin B12: 1.05µg (17.53%), Calcium: 166.78mg (16.68%), Potassium: 251.9mg (7.2%), Vitamin B1: 0.11mg (7.04%), Folate: 25.26µg (6.31%), Zinc: 0.91mg (6.04%), Magnesium: 23.79mg (5.95%), Vitamin B5: 0.5mg (4.97%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.76mg (3.79%), Fiber: 0.62g (2.46%), Iron: 0.37mg (2.05%), Copper: 0.03mg (1.28%)